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Every Recipe**

# Casseroles

## & slow cooker meals

**24** ***SPEEDY***  
casseroles

Taco Fiesta Chicken  
Lasagna, p. 42



**MAKE-AHEAD  
CASSEROLES**





**What you see is what you get.**  
**But it's what you taste that's truly amazing.**

Vine-ripened, sun-sweetened, purely organic tomatoes picked at the peak of perfection and canned before sunset. All for the unbelievably rich, fresh and true-to-nature taste that is Muir Glen. Find us at natural food stores and select grocery stores everywhere.







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## letter from the editors

When the weather is cold outside, nothing could be better to warm up a winter evening than a bubbling-hot casserole from the oven or a meal that's been simmering all day in a slow cooker. Whether you're feeding only a few or a crowd, this fantastic collection of comfort food recipes will surely make your cooking easy and more enjoyable.

Family Favorite Casseroles contains recipes that are popular with families, easy to prepare and rarely require any side dishes. That means more free time to do fun family activities! Our special feature in this chapter includes 7 make-ahead casseroles that can be made the night before and baked the next day.

Side Dish Casseroles are great accompaniments to any meal whether it's at home or needed to take to a get-together. You'll find a variety of imaginative ideas for vegetables, rice and potatoes to round out the meal.

And, if you're like us, you'll really appreciate the aroma of supper greeting you at home after a long day at work. Tuscan-Style Chicken Sandwiches, p. 61, or Slow-Cooked Lasagna, p. 79, are a couple of our personal favorites in the Slow-Cooker Specialties chapter.

Looking for a scrumptious soup, stew or chili recipe? Our final chapter contains heartwarming vegetable soups, stews and chilies your family will love.

We had fun testing and choosing over 70 delicious recipes for this issue, and we hope you'll enjoy sharing them with your family and friends.

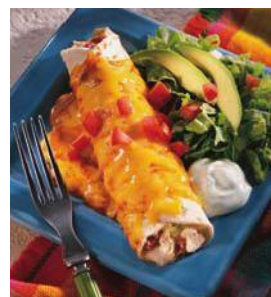
Happy Cooking!

*Karen Schiemo*  
*Kathy Saatzer*



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### Look for these symbols

**Easy**

6 ingredients or less OR ready to cook in 20 minutes or less OR ready to eat in 30 minutes or less.

**Low Fat**

10 grams of fat or less (main dishes) or 3 grams of fat or less (all other recipes).





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Comfort and convenience rolled together

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Tender beef with gravy, spicy pulled pork, and more



MOST REQUESTED RECIPES™



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## 80 Soups, Stews & Chilies

Yummy warm-you-ups in a bowl

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Taco Fiesta Chicken Lasagna, p. 42

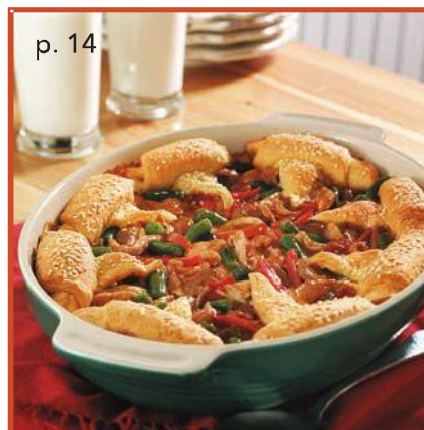




# Easy Steps to Great Casseroles

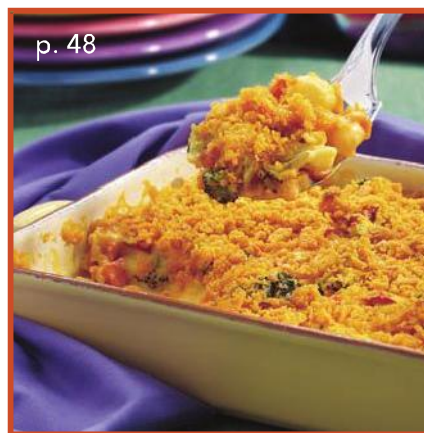
## general casserole tips

- Choose glass or ceramic baking dishes instead of metal if a recipe includes acidic ingredients; otherwise, the chemical reaction between the metal and acid can impart an “off” taste to the recipe.
- Bath towels are great for keeping casseroles warm while transporting them.
- Some casseroles improve in flavor and texture if allowed to stand five to ten minutes before serving.



## successful freezing

- Cool foods before packing for the freezer.
- Freeze casseroles baked or unbaked.
- Label casseroles with recipe name, preparation date and cooking instructions.
- Add any crisp toppings after thawing, since they will get soggy during freezing.
- Recipes made with a low-fat sauce, condensed-soup or tomato base usually freeze well.
- Store casseroles in the freezer for up to 3 months.



## casserole giving

- Package casseroles for giving in disposable containers so the recipient does not need to return the baking dish.
- Label the casserole with the recipe name and reheating instructions.
- Round out the meal with simple side dishes such as bagged salad and bottled dressing, fruit, bread, cookies or bars.





# SUCCESSFUL SLOW-COOKING

*Not so fast! Put your slow-cooker to work to make delicious, easy-prep entrees.*

## slow-cooker tips:

- Make sure to fill the slow cooker at least half way for best cooking results.
- When using root vegetables such as carrots, cut into small pieces and place them on the bottom of the slow cooker: add meat, seasonings and other vegetables and liquid on top of the root vegetables.
- Add dairy products near the end of the cooking time so they do not curdle.
- For easy cleanup, coat the inside of the slow cooker with cooking spray before adding food.
- Try spinning the glass lid, rather than removing it, during cooking; vapors will fall off and give you a clearer view inside the slow cooker. Removing the lid releases heat and increases cooking time by about 20 minutes. Stirring is not necessary.
- It's not necessary to brown meat before slow cooking, except for ground beef.
- Cooked food can be held up to an hour on the Low setting without overcooking.

## streamlined preparation:

For quick assembly in the morning, prep slow-cooker recipe ingredients the night before:

- Cut up vegetables such as carrots and onions and store them overnight in a covered container or sealed plastic bag.
- Mix herbs and spices in a plastic bag or small bowl.
- Measure out broth and juices; cover and refrigerate.

## tasty toppers:

In the slow cooker, flavors meld together deliciously but the colors of the ingredients can fade with the long cooking time. Dress up each serving or platter of food with a colorful garnish such as:

- Chopped green onions, parsley, chives or fresh herbs
- Diced red, yellow or green bell peppers or tomatoes
- Shredded cheese
- A dollop of sour cream or plain yogurt

• A sprinkle of paprika or chili powder

• A dusting of tortilla or corn chips





# family favorite casseroles

Homey, hearty and always popular

Biscuit-Topped Hamburger  
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## Chicken Cordon Bleu Casserole

**Prep Time:** 15 Minutes **Start to Finish:** 1 Hour 5 Minutes

**Servings:** 4

- 1/2 cup chicken broth
- 1/2 cup sour cream
- 1 jar (12 oz) chicken gravy
- 3 cups uncooked dumpling egg noodles (5 oz)
- 1 cup Green Giant® frozen sweet peas
- 1/2 cup diced cooked ham
- 1 teaspoon paprika
- 1/4 teaspoon pepper
- 4 boneless skinless chicken breast halves (4 oz each)
- 1/2 teaspoon seasoned salt
- 4 slices (1 oz each) Swiss cheese, halved

- 1.** Heat oven to 375°F. In large bowl, combine broth, sour cream and gravy; mix well with wire whisk. Stir in uncooked noodles, peas, ham, paprika and 1/8 teaspoon of the pepper. Spoon into ungreased shallow 2-quart casserole.
- 2.** Place chicken over noodle mixture; sprinkle with seasoned salt and remaining 1/8 teaspoon pepper. Cover with foil.
- 3.** Bake 30 minutes. Uncover casserole; bake 20 minutes longer or until chicken is fork-tender and juices run clear, and noodles are tender and thoroughly heated.
- 4.** Place 2 cheese slice halves over each chicken breast half. Bake 5 minutes longer or until cheese is melted.

**Nutrition information per serving:**

**1 SERVING:** Calories 550 (Calories from Fat 225); Total Fat 25g (Saturated Fat 12g); Cholesterol 155mg; Sodium 1220mg; Total Carbohydrate 35g (Dietary Fiber 3g; Sugars 4g); Protein 46g

### Cook's Notes

You can substitute mozzarella cheese for the Swiss and mixed vegetables instead of peas if you like.

Ready-to-eat salad greens tossed with tomato wedges and French dressing complete an easy dinner.





## Ranch Potato-Topped Chicken Bake

**Prep Time:** 20 Minutes **Start to Finish:** 50 Minutes

**Servings:** 6

### Filling

- 2 cups cubed cooked chicken or turkey
- 2 cups Green Giant® frozen mixed vegetables, thawed
- 2 cans (10¾ oz each) condensed 98% fat-free cream of chicken soup with 30% less sodium
- ½ cup chicken broth

### Potatoes

- 1¾ cups water
- 1 cup milk
- 2¼ cups plain mashed potato mix (dry)
- 1 package (1 oz) dry ranch dip mix
- 1 egg, slightly beaten

**1.** Heat oven to 375°F. In large saucepan, combine all filling ingredients; mix well. Cook over medium heat until mixture is bubbly and thoroughly heated, stirring occasionally. Spoon into ungreased 13x9-inch (3-quart) glass baking dish.

**2.** In medium saucepan, bring water to a boil. Remove from heat. Add milk. Stir in plain mashed potato mix and ranch dip mix with fork until moistened. Let stand 1 minute. Add egg; blend well. Cool 5 minutes. Spoon or pipe potato mixture around edge of hot chicken mixture.

**3.** Bake 25 to 30 minutes or until potatoes are set and light golden brown.

### Nutrition information per serving:

**1 SERVING:** Calories 320 (Calories from Fat 70); Total Fat 8g (Saturated Fat 3g); Cholesterol 85mg; Sodium 1160mg; Total Carbohydrate 41g (Dietary Fiber 3g; Sugars 4g); Protein 21g

## Cook's Notes

Use your favorite dry dip mix, such as onion or vegetable, in place of the ranch dip.

To keep from burning your hand if you pipe the potatoes, wear an oven mitt or wrap a pastry bag in a kitchen towel.





## Teriyaki Chicken and Rice

**Prep Time:** 10 Minutes **Start to Finish:** 1 Hour 15 Minutes

**Servings:** 4

- 2 cups fresh baby carrots, halved lengthwise
- 1 cup uncooked regular long-grain white rice
- 1 can (14 oz) baby corn nuggets, drained
- 1 can (14 oz) chicken broth
- 5 tablespoons teriyaki sauce
- 3 to 3½ lb cut-up frying chicken, skin removed if desired
- ¼ cup orange marmalade
- ½ teaspoon ginger
- ¾ cup cashew halves and pieces

**1.** Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with nonstick cooking spray. In sprayed baking dish, combine carrots, rice, corn nuggets, broth and 2 tablespoons of the teriyaki sauce; mix well.

**2.** Arrange chicken pieces over rice mixture. In small bowl, combine remaining 3 tablespoons teriyaki sauce, orange marmalade and ginger; blend well. Spoon mixture over chicken and rice mixture. Cover with foil.

**3.** Bake 45 minutes. Uncover baking dish; bake 15 to 30 minutes longer or until chicken is fork-tender and juices run clear. Sprinkle with cashews.

**Nutrition information per serving:**

**1 SERVING:** Calories 860 (Calories from Fat 305); Total Fat 34g (Saturated Fat 8g); Cholesterol 130mg; Sodium 1830mg; Total Carbohydrate 90g (Dietary Fiber 5g; Sugars 20g); Protein 54g

### Cook's Notes

If you prefer, use four bone-in chicken breasts instead of the cut-up frying chicken.

Use one 14-ounce can whole kernel corn drained in place of the baby corn nuggets.



## Crescent-Topped Hunters'-Style Chicken

**Prep Time:** 25 Minutes **Start to Finish:** 55 Minutes

**Servings:** 8

- Nonstick cooking spray
- 1 tablespoon oil
- 1 cup fresh baby carrots, quartered lengthwise
- 1 medium onion, halved, thinly sliced
- 1 lb chicken breast strips for stir-frying
- 2 cups Green Giant® frozen cut green beans, thawed
- 1 can (14.5 oz) diced tomatoes, undrained
- 1 jar (4.5 oz) Green Giant® sliced mushrooms, drained
- 1 jar (12 oz) brown mushroom gravy
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 1 can (8 oz) Pillsbury® refrigerated crescent dinner rolls
- 1 tablespoon sesame seed

**1.** Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish or 3-quart oval casserole with non-stick cooking spray. Heat oil in large nonstick skillet over medium-high heat until hot. Add carrots and onion; cook and stir 3 minutes. Add chicken; cook 4 to 5 minutes or until chicken is no longer pink in center and vegetables are tender, stirring frequently.

**2.** Add green beans, tomatoes and mushrooms; mix well. In small bowl, combine gravy, flour and salt; blend well. Add to chicken mixture; cook and stir until mixture is bubbly. Remove from heat. Pour into sprayed baking dish.

**3.** Separate dough into 8 triangles. Starting from shortest side of each triangle, roll up halfway; arrange over hot chicken mixture so pointed ends are toward center. Spray rolls with cooking spray; sprinkle with sesame seed.

**4.** Bake 18 to 23 minutes or until crescent rolls are deep golden brown.

**Nutrition information per serving:**

**1 SERVING:** Calories 270 (Calories from Fat 100); Total Fat 11g (Saturated Fat 2g); Cholesterol 35mg; Sodium 720mg; Total Carbohydrate 25g (Dietary Fiber 3g; Sugars 6g); Protein 17g







## Chile Chicken Enchiladas

**Prep Time:** 30 Minutes

**Start to Finish:** 1 Hour 30 Minutes

**Servings:** 8

- 2 cups diced cooked chicken
- 1½ cups shredded Monterey Jack cheese (6 oz)
- ½ cup sliced roasted red bell peppers (from a jar)
- 1 can (4.5 oz) Old El Paso® chopped green chiles
- 1 cup sour cream
- 1 can (10 oz) Old El Paso® enchilada sauce
- 1 package (11.5 oz) Old El Paso® flour tortillas for burritos (8 tortillas)
- 1½ cups shredded Cheddar cheese (6 oz)

**1.** Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with nonstick cooking spray. In medium bowl, combine chicken, Monterey Jack cheese, roasted peppers, chiles and sour cream; mix well.

**2.** Spread about 2 teaspoons enchilada sauce on each tortilla. Top each with ½ cup chicken mixture. Roll up tortillas; arrange, seam side down, in sprayed baking dish. Top enchiladas with any remaining enchilada sauce. Sprinkle with Cheddar cheese. Spray sheet of foil with cooking spray; cover baking dish with foil, sprayed side down.

**3.** Bake 45 to 60 minutes or until thoroughly heated. If desired, remove foil during last 5 minutes of baking time. If desired, serve with lettuce, tomato, avocado and additional sour cream.

**Nutrition information per serving:**

**1 SERVING:** Calories 370 (Calories from Fat 150); Total Fat 17g (Saturated Fat 8g); Cholesterol 70mg; Sodium 700mg; Total Carbohydrate 28g (Dietary Fiber 2g; Sugars 3g); Protein 26g





## Chicken Paprikash Pot Pie

**Prep Time:** 35 Minutes

**Start to Finish:** 1 Hour 20 Minutes

**Servings:** 6

- 1 box (15 oz) Pillsbury® refrigerated pie crusts
- 4 slices bacon, cut into 1/2-inch pieces
- 3/4 lb boneless skinless chicken breast halves, cut into 1/2-inch pieces
- 1 cup coarsely chopped onions
- 1 cup coarsely chopped red or green bell pepper
- 1 cup sliced carrots
- 1 cup Green Giant® frozen sweet peas
- 1/2 cup sour cream
- 1 jar (12 oz) home-style chicken gravy
- 3 tablespoons cornstarch
- 3 teaspoons paprika

**1.** Heat oven to 425°F. Prepare pie crusts as directed on box for two-crust pie using 9-inch pie pan.

**2.** In large skillet over medium heat, cook bacon until crisp. Reserve 1 tablespoon drippings with bacon in skillet.

**3.** Add chicken to skillet; cook and stir until no longer pink. Add onions, bell pepper and carrots; cook and stir until vegetables are tender. Stir in peas.

**4.** In small bowl, combine all remaining ingredients; mix well. Stir into chicken mixture in skillet. Spoon into crust-lined pan. Top with second crust and flute edges; cut slits or small designs in several places on top of crust.

**5.** Bake 30 to 35 minutes or until crust is golden brown. Cover edge of crust with strips of foil after 10 to 15 minutes of baking to prevent excessive browning. Let stand 10 minutes before serving.

**Nutrition information per serving:**

**1 SERVING:** Calories 550 (Calories from Fat 280); Total Fat 31g (Saturated Fat 12g); Cholesterol 65mg; Sodium 850mg; Total Carbohydrate 49g (Dietary Fiber 3g; Sugars 5g); Protein 19g



Easy

Low Fat

family favorite casseroles





## Turkey Mac Casserole

**Prep Time:** 25 Minutes

**Start to Finish:** 1 Hour 5 Minutes

**Servings:** 5 (1 $\frac{1}{3}$  cups each)

### Casserole

- 1 cup uncooked elbow macaroni (4 oz)
- 1 lb lean ground turkey
- $\frac{3}{4}$  teaspoon garlic-pepper blend
- 3 medium zucchini, chopped (about 3 cups)
- 2 tablespoons chopped fresh basil or 2 teaspoons dried basil leaves
- 1 container (10 oz) refrigerated light Alfredo sauce

### Topping

- $\frac{1}{4}$  cup Progresso® Italian style bread crumbs
- 2 tablespoons grated Romano cheese
- 1 teaspoon margarine or butter, melted

1. Heat oven to 350°F. Spray 2 $\frac{1}{2}$ -quart casserole with nonstick cooking spray. Cook macaroni to desired doneness as directed on package. Drain.

2. In large nonstick skillet, cook and stir turkey and garlic-pepper blend over medium-high heat 6 to 8 minutes or until turkey is no longer pink.

3. Add cooked macaroni, zucchini, basil and Alfredo sauce; mix well. Spoon mixture into sprayed casserole. In small bowl, combine all topping ingredients; mix well. Sprinkle over casserole.

4. Bake 30 to 40 minutes or until thoroughly heated.

### Nutrition information per serving:

**1 SERVING:** Calories 365 (Calories from Fat 125); Total Fat 14g (Saturated Fat 6g); Cholesterol 80mg; Sodium 520mg; Total Carbohydrate 30g (Dietary Fiber 2g; Sugars 4g); Protein 30g







## Turkey Tetrazzini Florentine

**Prep Time:** 15 Minutes **Start to Finish:** 1 Hour  
**Servings:** 4

### Casserole

- 1 package (9 oz) uncooked refrigerated linguine, cut into thirds
- 2 cups cubed cooked turkey
- 1 jar (12 oz) roasted turkey gravy
- 1 box (10 oz) Green Giant® frozen creamed spinach, thawed
- 1 can (4 oz) Green Giant® mushroom pieces and stems, drained
- $\frac{1}{2}$  cup milk
- 2 tablespoons dry sherry, if desired

### Topping

- 1 tablespoon butter, melted
- $\frac{1}{4}$  cup Progresso® Parmesan bread crumbs

1. Cook linguine to desired doneness as directed on package. Drain.

2. Meanwhile, heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with nonstick cooking spray.

3. In large bowl, combine cooked linguine and all remaining casserole ingredients; stir gently to mix. Spoon into sprayed baking dish.

4. In small bowl, combine topping ingredients; mix well. Sprinkle evenly over top. Cover with foil.

5. Bake 35 minutes or until bubbly. Uncover; bake 10 minutes longer or until topping is browned.

### Nutrition information per serving:

**1 SERVING:** Calories 480 (Calories from Fat 120); Total Fat 13g (Saturated Fat 5g); Cholesterol 110mg; Sodium 1290mg; Total Carbohydrate 54g (Dietary Fiber 4g; Sugars 6g); Protein 36g





## Quick California Casserole

**Prep Time:** 35 Minutes **Start to Finish:** 1 Hour  
**Servings:** 8

### Casserole

- 1 can (10<sup>3</sup>/<sub>4</sub> oz) condensed cream of onion soup
- 2 cups water
- 1 jar (15 oz) small onions, undrained
- <sup>1</sup>/<sub>3</sub> cup all-purpose flour
- <sup>1</sup>/<sub>2</sub> teaspoon seasoned pepper blend
- 2 lb beef strips for stir-frying
- 3 tablespoons butter

### Dumplings

- 2 tablespoons butter, melted
- <sup>1</sup>/<sub>2</sub> cup Progresso® plain bread crumbs
- 1 can (12 oz) Pillsbury® Golden Layers® refrigerated buttermilk flaky biscuits

### Sauce

- <sup>1</sup>/<sub>4</sub> cup half-and-half
- <sup>1</sup>/<sub>4</sub> cup cream cheese spread with herbs (from 8-oz container)

**1.** Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish or 3-quart casserole with nonstick cooking spray. In medium bowl, combine soup and water; blend well. Stir in onions. Set aside.

**2.** In large bowl or plastic bag, combine flour and seasoned pepper blend; mix well. Add beef strips; shake to coat well with flour mixture.

**3.** Melt 3 tablespoons butter in large wok or 12-inch skillet over medium-high heat. Add beef; cook and stir until browned. Add soup mixture; bring to a boil. Spoon beef mixture into sprayed baking dish.

**4.** In small bowl, combine 2 tablespoons butter and the bread crumbs; mix well. Separate dough into 10 biscuits; cut each in half. Gently roll each biscuit piece in crumb mixture, rolling to coat well. Arrange biscuit pieces over hot beef mixture.

**5.** Bake 19 to 23 minutes or until biscuits are deep golden brown.

**6.** Meanwhile, in small saucepan, combine sauce ingredients; blend well. Cook over medium heat until bubbly and slightly thickened, stirring frequently. Serve sauce with casserole. Sprinkle casserole with chopped chives, if desired.

### Nutrition information per serving:

**1 SERVING:** Calories 450 (Calories from Fat 210); Total Fat 23g (Saturated Fat 10g); Cholesterol 95mg; Sodium 1160mg; Total Carbohydrate 33g (Dietary Fiber 2g; Sugars 4g); Protein 27g



## Parsley-Potato Topped Oven Swiss Steak

**Prep Time:** 20 Minutes

**Start to Finish:** 2 Hours 55 Minutes

**Servings:** 6

### Swiss Steak

- 1 lb boneless beef round steak (1/2 inch thick), cut into 6 pieces
- 2 carrots, sliced (1 cup)
- 1 large onion, halved, thinly sliced
- 1 jar (12-oz) home-style beef gravy
- 1 can (14.5 oz) diced tomatoes, undrained
- 1/4 teaspoon dried thyme leaves
- 1/8 teaspoon pepper

### Topping

- 1 1/2 cups water
- 3 tablespoons margarine or butter
- 2 1/4 cups instant mashed potato flakes
- 3/4 cup milk
- 3 tablespoons finely chopped fresh parsley
- 1/4 teaspoon salt
- 1/4 teaspoon dried thyme leaves
- 1 egg, beaten
- Paprika

1. Heat oven to 325°F. Arrange beef in ungreased 12x8-inch (2-quart) glass baking dish. Top with carrots and onion.

2. In medium bowl, combine gravy, tomatoes, 1/4 teaspoon thyme and pepper; mix well. Spoon over beef and vegetables. Cover with foil. Bake 2 hours.

3. In medium saucepan, bring water and margarine to a boil. Remove from heat. Stir in potato flakes, milk, parsley, salt and 1/4 teaspoon thyme. Add egg; mix well.

4. Uncover baking dish; spoon or pipe potato mixture over hot steak mixture. Sprinkle with paprika. Bake uncovered 30 to 35 minutes longer or until potatoes are set and light golden brown.

### Nutrition information per serving:

**1 SERVING:** Calories 350 (Calories from Fat 120); Total Fat 13g (Saturated Fat 4g); Cholesterol 80mg; Sodium 700mg; Total Carbohydrate 34g (Dietary Fiber 4g; Sugars 6g); Protein 23g



### Cook's Note

Save time and use a can of Italian seasoned diced tomatoes – just omit the regular tomatoes and thyme in the recipe.





## Biscuit-Topped Hamburger Stew

**Prep Time:** 30 Minutes **Start to Finish:** 50 Minutes  
**Servings:** 4

- 1 lb lean (at least 80%) ground beef
- $\frac{1}{2}$  cup coarsely chopped onion
- 1 can (14.5 oz) diced tomatoes, undrained
- 1 jar (12 oz) home-style beef gravy
- $1\frac{1}{2}$  cups diced peeled potatoes
- 1 cup carrot strips ( $1\frac{1}{4} \times \frac{1}{4}$ -inch)
- 1 cup Green Giant® frozen cut green beans
- $\frac{1}{4}$  teaspoon pepper
- 1 can (6 oz) Pillsbury® Golden Layers® refrigerated buttermilk flaky biscuits

**1.** Heat oven to 375°F. Spray large skillet with nonstick cooking spray. Heat over medium-high

heat until hot. Add ground beef and onion; cook and stir until beef is thoroughly cooked. Drain.

**2.** Add all remaining ingredients except biscuits; mix well. Bring to a boil. Reduce heat to medium-low; cover and cook 10 to 15 minutes or until vegetables are tender, stirring occasionally.

**3.** Spoon into ungreased 8-inch square (2-quart) or oval ( $2\frac{1}{2}$ -quart) glass baking dish.

**4.** Separate dough into 5 biscuits; cut each in half. Arrange, cut side down, around outside edge of hot mixture.

**5.** Bake 20 minutes or until casserole is bubbly and biscuits are deep golden brown.

**Nutrition information per serving:**

**1 SERVING:** Calories 500 (Calories from Fat 210); Total Fat 23g (Saturated Fat 8g); Cholesterol 75mg; Sodium 1190mg; Total Carbohydrate 43g (Dietary Fiber 5g; Sugars 8g); Protein 29g



## Tater Tot Pizza Casserole

**Prep Time:** 20 Minutes

**Start to Finish:** 1 hour 10 Minutes

**Servings:** 6

- 1 lb lean (at least 80%) ground beef
- 1/4 cup chopped onion
- 1 can (10 3/4 oz) condensed cream of mushroom soup
- 1 can (8 oz) pizza sauce
- 2 oz sliced pepperoni
- 1/2 cup chopped green bell pepper
- 1 cup shredded mozzarella cheese (4 oz)
- 1 package (16 oz) frozen potato nuggets (about 3 1/2 cups)

1. Heat oven to 375°F. Spray 8-inch square (2-quart) glass baking dish with nonstick cooking spray. In large skillet, cook ground beef and onion over medium-high heat until beef is thoroughly cooked, stirring frequently. Drain.

2. Reduce heat to medium; stir in soup. Cook until mixture comes to a boil, stirring occasionally.

3. Spoon beef mixture into sprayed baking dish. Spoon pizza sauce evenly over top. Arrange pepperoni and bell pepper over sauce. Sprinkle with cheese. Arrange potato nuggets over cheese. Cover with foil.

4. Bake 30 minutes. Remove foil; bake uncovered 15 to 20 minutes longer or until thoroughly heated.

**Nutrition information per serving:**

**1 SERVING:** Calories 490 (Calories from Fat 270); Total Fat 30g (Saturated Fat 13g); Cholesterol 65mg; Sodium 1490mg; Total Carbohydrate 31g (Dietary Fiber 3g; Sugars 5g); Protein 24g

### Cook's Note

Lean ground turkey can be used instead of the ground beef.







## Tex-Mex Burritos

**Prep Time:** 25 Minutes **Start to Finish:** 40 Minutes  
**Servings:** 5

- 1 lb lean (at least 80%) ground beef
- 1<sup>1</sup>/<sub>4</sub> cups finely chopped peeled potatoes
- 1<sup>1</sup>/<sub>2</sub> cup chopped onion (1 medium)
- 2 fresh or canned jalapeño chiles, seeded, chopped
- 1 can (15 oz) spicy chili beans, undrained
- 1<sup>1</sup>/<sub>4</sub> teaspoon salt
- 1<sup>1</sup>/<sub>8</sub> teaspoon pepper
- 10 spinach or flour tortillas (10 inch)
- 1<sup>1</sup>/<sub>2</sub> cups shredded Monterey Jack or Cheddar cheese (6 oz)
- Old El Paso® Thick 'n Chunky salsa, if desired
- Sour cream, if desired

**1.** Heat oven to 350°F. Lightly grease 13x-9-inch glass baking dish. In large skillet, cook ground beef, potatoes, onion and chiles over medium-high heat 5 to 7 minutes or until beef is thoroughly cooked and vegetables are tender, stirring frequently. Drain.

**2.** Add beans, salt and pepper; mix well. Bring to a boil. Reduce heat; simmer 5 minutes, stirring frequently.

**3.** Spoon 1<sup>1</sup>/<sub>2</sub> cup beef mixture in center of each tortilla. Sprinkle each with heaping 2 tablespoons cheese. Roll up each tortilla, enclosing filling; fold ends under. Place seam side down in greased baking dish, cover with foil.

**4.** Bake 10 to 12 minutes or until thoroughly heated. Serve burritos with salsa and sour cream.

**Nutrition information per serving:**

**1 SERVING:** Calories 815 (Calories from Fat 295); Total Fat 33g (Saturated Fat 14g); Cholesterol 85mg; Sodium 1630mg; Total Carbohydrate 96g (Dietary Fiber 8g; Sugars 5g); Protein 41g



## Baked Jambalaya

**Prep Time:** 35 Minutes

**Start to Finish:** 1 Hour 15 Minutes

**Servings:** 6 (1½ cups each)

- 3 slices bacon, cut into 1-inch pieces
- ½ cup chopped celery
- ½ green bell pepper, chopped
- 3 green onions, sliced
- ½ lb cooked ham, diced (1½ cups)
- ½ lb cooked kielbasa, halved lengthwise, sliced
- 1 can (28 oz) Progresso® crushed tomatoes, undrained
- 1 can (14 oz) beef broth
- 1 cup water
- 1 teaspoon chopped fresh thyme
- 1 teaspoon dried Cajun seasoning
- 1¼ cups uncooked regular long-grain white rice

**1.** Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with nonstick cooking spray. Cook bacon in large saucepan over medium-high heat for

5 minutes or until crisp, stirring frequently. Remove bacon from saucepan; drain on paper towel.

**2.** To drippings in saucepan, add celery, bell pepper and onions; cook over medium heat 5 minutes or until vegetables are tender, stirring occasionally. Add ham, kielbasa, tomatoes, broth, water, thyme and Cajun seasoning; mix well. Bring to a boil. Stir in rice and cooked bacon. Pour mixture into sprayed baking dish. Cover with foil.

**3.** Bake 30 to 40 minutes or until rice is tender. Uncover; stir before serving. If desired, garnish with additional fresh thyme sprigs.

**Nutrition information per serving:**

**1 SERVING:** Calories 370 (Calories from Fat 130); Total Fat 14g (Saturated Fat 5g); Cholesterol 45mg; Sodium 1560mg; Total Carbohydrate 42g (Dietary Fiber 3g; Sugars 5g); Protein 19g

### Cook's Note

To give this recipe the heartiness of true New Orleans jambalaya, add 8 ounces of cooked shrimp or diced chicken, or both.





## Pork Chops with Apple-Sage Stuffing

**Prep Time:** 15 Minutes

**Start to Finish:** 9 Hours 5 Minutes

**Servings:** 4

- 1 tablespoon butter
- 1/2 cup chopped onion (1 medium)
- 1/2 cup thinly sliced celery
- 1 cup chopped apple
- 1/2 cup raisins
- 1 cup apple juice
- 1 package (6 oz) sage and onion-seasoned one-step stuffing mix
- 4 boneless smoked pork chops (4 oz each)
- 2 tablespoons apple jelly

1. Spray 8-inch square (2-quart) glass baking dish with nonstick cooking spray. Melt butter in large skillet over medium heat. Add onion and celery; cook 3 to 4 minutes or until crisp-tender, stirring occasionally.

2. Add apple, raisins and apple juice; cook 2 to 3 minutes or until mixture comes to a boil. Remove from heat; stir in stuffing mix. Spread mixture in sprayed baking dish. Top with pork chops. Cover with foil; refrigerate at least 8 hours or overnight.

3. Heat oven to 350°F. Bake covered for 30 minutes.

4. Uncover baking dish; brush pork chops with jelly. Bake uncovered 15 to 20 minutes longer or until pork chops are thoroughly heated.

**Nutrition information per serving:**

**1 SERVING:** Calories 510 (Calories from Fat 125); Total Fat 14g (Saturated Fat 5g); Cholesterol 65mg; Sodium 2210mg; Total Carbohydrate 68g (Dietary Fiber 3g; Sugars 30g); Protein 28g

### Cook's Note

Look for the smoked pork chops near the fresh meats. Because they are smoked, they only need to be thoroughly heated before serving.







## Crab and Asparagus Tetrazzini

**Prep Time:** 20 Minutes **Start to Finish:** 50 Minutes  
**Servings:** 4

### Casserole

- 1 package (7 oz) uncooked spaghetti
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 1/2 teaspoon lemon-pepper seasoning
- 1 can (14 oz) chicken broth
- 1/2 cup half-and-half
- 2 tablespoons dry sherry
- 1 package (7 to 8 oz) frozen cooked crabmeat (1 1/2 cups), thawed
- 1 box (9 oz) Green Giant® frozen asparagus cuts, thawed

### Topping

- 2 tablespoons butter, melted
- 1/3 cup Progresso® plain bread crumbs
- 2 tablespoons shredded fresh Parmesan cheese

1. Heat oven to 350°F. Cook spaghetti to desired doneness as directed on package. Drain.

2. Meanwhile, melt 3 tablespoons butter in medium saucepan over medium heat. Add flour and lemon-pepper seasoning; mix well. Add broth; cook until mixture comes to a boil, stirring constantly. Add half-and-half, sherry, crabmeat and asparagus; mix well.

3. Add cooked spaghetti; toss gently to mix. Spoon into ungreased 12x8-inch (2-quart) glass or oval glass baking dish.

4. In small bowl, combine melted butter and bread crumbs; mix well. Sprinkle over mixture in baking dish. Sprinkle with cheese.

5. Bake 30 minutes or until casserole is bubbly and top is golden brown.

#### Nutrition information per serving:

**1 SERVING:** Calories 530 (Calories from Fat 200); Total Fat 22g (Saturated Fat 12g); Cholesterol 95mg; Sodium 1550mg; Total Carbohydrate 53g (Dietary Fiber 3g; Sugars 4g); Protein 29g





## Ratatouille-Stuffed Shells

**Prep Time:** 40 Minutes

**Start to Finish:** 1 Hour 20 Minutes

**Servings:** 4

- 12 uncooked jumbo pasta shells
- 1 tablespoon olive oil
- 1½ cups frozen bell pepper and onion stir-fry
- 2 garlic cloves, minced
- 1½ cups diced eggplant
- 1 small zucchini, diced
- ½ cup sliced oil and herb-packed sun-dried tomatoes with 1 tablespoon of the oil
- 1 can (2.25 oz) sliced ripe olives, drained
- 1 jar (14 to 15 oz) tomato pasta sauce
- 1 cup shredded 6-cheese Italian cheese blend (4 oz)

**1.** Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish with nonstick cooking spray. Cook pasta shells to desired doneness as directed on package. Drain; cover to keep warm.

**2.** Meanwhile, heat olive oil in large skillet over medium heat until hot. Add bell pepper and onion stir-fry, and garlic; cook and stir 2 to 3 minutes or until crisp-tender. Add eggplant and zucchini; cook and stir 3 minutes.

**3.** Stir in tomatoes with tomato oil, olives and ¼ cup of the pasta sauce. Cook until thoroughly heated, stirring frequently. Stir in ½ cup of the cheese.

**4.** Fill each cooked pasta shell with about ¼ cup vegetable mixture. Place in sprayed baking dish. Spoon remaining pasta sauce over shells. Cover with foil.

**5.** Bake 30 minutes. Uncover baking dish; sprinkle with remaining cheese. Bake uncovered 5 to 10 minutes longer or until bubbly and cheese is melted.

**Nutrition information per serving:**

**1 SERVING:** Calories 435 (Calories from Fat 200); Total Fat 22g (Saturated Fat 6g); Cholesterol 25mg; Sodium 890mg; Total Carbohydrate 51g (Dietary Fiber 5g; Sugars 13g); Protein 13g



## Three-Cheese Rotini Bake

**Prep Time:** 25 Minutes **Start to Finish:** 50 Minutes

**Servings:** 4 (1½ cups each)

- 3 cups (8 oz) uncooked rainbow rotini (spiral pasta)
- 3 tablespoons margarine or butter
- 1 garlic clove, minced
- ¼ cup all-purpose flour
- ¼ teaspoon pepper
- 2 cups milk
- 1 cup shredded American cheese (4 oz)
- 1 cup shredded mozzarella cheese (4 oz)
- ¼ cup crumbled blue cheese (2 oz)

**1.** Heat oven to 350°F. Spray 2-quart casserole with nonstick cooking spray. Cook rotini as directed on package. Drain.

**2.** Meanwhile, melt margarine in large saucepan over medium heat. Add garlic; cook and stir 30 to 60 seconds. Stir in flour and pepper; cook

and stir until mixture is bubbly. Gradually add milk, stirring constantly, until mixture boils and thickens. Remove from heat. Reserve 1 tablespoon each American and mozzarella cheese for top. Add remaining cheeses to sauce; stir until melted.

**3.** Add cooked rotini to cheese sauce; stir gently to coat. Pour into sprayed casserole. Sprinkle with reserved cheeses.

**4.** Bake 20 to 25 minutes or until bubbly around edges.

**Nutrition information per serving:**

**1 SERVING:** Calories 595 (Calories from Fat 250); Total Fat 28g (Saturated Fat 13g); Cholesterol 55mg; Sodium 830mg; Total Carbohydrate 58g (Dietary Fiber 2g; Sugars 9g); Protein 28g

### Cook's Note

Penne or gemelli pasta could be used instead of the rotini.





## Salmon Alfredo Casserole

**Prep Time:** 20 Minutes **Start to Finish:** 45 Minutes

**Servings:** 4 (1½ cups each)

### Casserole

- 2 cups uncooked medium egg noodles (4 oz)
- 2 cups Green Giant Select® frozen sugar snap peas
- 1 container (10 oz) refrigerated light Alfredo sauce
- ¼ cup milk
- 1 teaspoon dried dill weed
- 1 can (14¾ oz) salmon, drained, skin and bones removed, flaked

### Topping

- 2 tablespoons Progresso® plain bread crumbs
- 1 teaspoon margarine or butter, melted

1. Heat oven to 350°F. In large saucepan, cook noodles to desired doneness as directed on package, adding peas during last minute of cooking time. Drain; return to saucepan.

2. Stir in Alfredo sauce, milk and dill; mix well. Gently stir in salmon. Pour into ungreased 1½-quart casserole.

3. In small bowl, combine topping ingredients; mix well. Sprinkle over top.

4. Bake 20 to 25 minutes or until casserole is bubbly and thoroughly heated.

### Nutrition information per serving:

**1 SERVING:** Calories 400 (Calories from Fat 140); Total Fat 16g (Saturated Fat 7g); Cholesterol 90mg; Sodium 930mg; Total Carbohydrate 34g (Dietary Fiber 3g; Sugars 7g); Protein 30g

### Cook's Note

Serve this creamy casserole with buttered broccoli spears and sourdough rolls.







## Cheesy Baked Ravioli

**Prep Time:** 5 Minutes

**Start to Finish:** 1 Hour 15 Minutes

**Servings:** 6

- 1 jar (26 to 28 oz) tomato pasta sauce
- 1 can (10<sup>3</sup>/<sub>4</sub> oz) condensed Cheddar cheese soup
- 1 bag (25 oz) frozen Italian sausage-filled ravioli
- 1<sup>1</sup>/<sub>2</sub> cups frozen bell pepper and onion stir-fry
- 1<sup>1</sup>/<sub>2</sub> cups shredded mozzarella cheese (6 oz)

1. Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with nonstick cooking spray. In sprayed dish, combine pasta sauce and soup; mix well.

2. Add frozen ravioli, and bell pepper and onion stir-fry; stir to coat. Cover with foil.

3. Bake 1 hour. Uncover baking dish; sprinkle with cheese. Bake uncovered 5 to 10 minutes longer or until casserole is bubbly and cheese is melted.

**Nutrition information per serving:**

**1 SERVING:** Calories 515 (Calories from Fat 200); Total Fat 22g (Saturated Fat 9g); Cholesterol 160mg; Sodium 2080mg; Total Carbohydrate 55g (Dietary Fiber 3g; Sugars 11g); Protein 24g

### Cook's Note

You can use <sup>3</sup>/<sub>4</sub> cup each coarsely chopped bell pepper and onion in place of the frozen bell pepper and onion stir-fry mixture. Use one color of bell pepper, or a combination of colorful peppers to equal the <sup>3</sup>/<sub>4</sub> cup.



## Spinach Pesto Manicotti

**Prep Time:** 35 Minutes

**Start to Finish:** 1 Hour 15 Minutes

**Servings:** 6

- 8 oz uncooked manicotti
- 1 lb extra-lean (at least 90%) ground beef
- 1 box (9 oz) Green Giant® frozen spinach, thawed, squeezed to drain and chopped
- 4 oz mozzarella cheese, diced (about 1 cup)
- ½ cup purchased pesto
- 1 egg
- 1 jar (26 to 28 oz) tomato pasta sauce

**1.** Heat oven to 400°F. Spray 13x9-inch (3-quart) glass baking dish with nonstick cooking spray. Cook manicotti to desired doneness as directed on package. Drain; rinse with cold water to cool. Drain well.

**2.** Meanwhile, in large bowl, combine ground beef, spinach, cheese, pesto and egg. If desired, add salt and pepper; mix well. For easier stuffing, place beef mixture in resealable freezer plastic bag; seal bag. Cut about 1-inch hole in bottom corner of bag.

**3.** Fill each manicotti by squeezing beef mixture into manicotti; place in sprayed baking dish. Pour pasta sauce over manicotti. Cover with foil.

**4.** Bake 30 to 40 minutes or until filling is no longer pink in center.

**Nutrition information per serving:**

**1 SERVING:** Calories 610 (Calories from Fat 260); Total Fat 29g (Saturated Fat 8g); Cholesterol 95mg; Sodium 1110mg; Total Carbohydrate 56g (Dietary Fiber 4g; Sugars 11g); Protein 31g

### Cook's Note

Instead of using the plastic bag to fill the manicotti, you can also use a teaspoon and small rubber spatula to stuff them.







## Creamy Spinach Enchiladas

**Prep Time:** 40 Minutes **Start to Finish:** 1 Hour  
**Servings:** 6

- 1 tablespoon margarine or butter
- 1/2 cup sliced green onions
- 1 box (9 oz) Green Giant® frozen spinach, thawed, well drained
- 1 cup small-curd cottage or ricotta cheese
- 1/2 cup sour cream
- 1 1/2 cups shredded Monterey Jack cheese (6 oz)
- 12 corn tortillas (6 inch), heated
- 1 can (10 oz) Old El Paso® mild enchilada sauce
- Sliced green onions, if desired

**1.** Heat oven to 375°F. Melt margarine in large skillet over medium-high heat. Add 1/2 cup onions; cook and stir 2 minutes or until crisp-tender. Add spinach; cook 1 minute or until spinach is thoroughly heated, stirring occasionally. Remove from heat. Stir in cottage cheese, sour cream and 1 cup of the cheese.

**2.** Spoon 1/4 cup filling down center of each tortilla; roll up. Place, seam side down, in ungreased 13x9-inch (3-quart) glass baking dish. Pour enchilada sauce evenly over tortillas; sprinkle with remaining cheese.

**3.** Bake 15 to 20 minutes or until bubbly and thoroughly heated. Sprinkle with sliced green onions.

### Nutrition information per serving:

**1 SERVING:** Calories 330 (Calories from Fat 155); Total Fat 17g (Saturated Fat 9g); Cholesterol 45mg; Sodium 670mg; Total Carbohydrate 32g (Dietary Fiber 5g; Sugars 4g); Protein 17g

### Cook's Note

Cheddar, Colby or a Monterey Jack blend can be used instead of the Monterey Jack cheese.



## Italian Egg Bake

**Prep Time:** 15 Minutes

**Start to Finish:** 1 Hour 35 Minutes

**Servings:** 6

- 1 lb bulk Italian sausage
- 4 cups frozen hash-brown potatoes, thawed
- 1 cup shredded Cheddar cheese (4 oz)
- 1 cup Green Giant® frozen cut leaf spinach, thawed, drained
- 1/4 cup sliced marinated sun-dried tomatoes
- 1 cup shredded mozzarella cheese (4 oz)
- 4 eggs
- 3/4 cup milk
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons shredded fresh Parmesan cheese

**1.** Heat oven to 350°F. Grease 8-inch square (2-quart) glass baking dish. In large nonstick skillet, cook sausage over medium-high heat until browned, stirring occasionally. Drain.

**2.** In medium bowl, combine potatoes and Cheddar cheese. In greased baking dish, layer half of the potato mixture, all of the sausage mixture, spinach and tomatoes, remaining potato mixture, and all of the mozzarella cheese.

**3.** In medium bowl, beat eggs slightly. Add milk, salt and pepper; beat well. Pour evenly over potato mixture. Cover with foil.

**4.** Bake 1 hour. Uncover; sprinkle with Parmesan cheese. Bake uncovered 15 minutes longer or until knife inserted in center comes out clean. Let stand about 5 minutes before serving. To serve, cut into squares.

**Nutrition information per serving:**

**1 SERVING:** Calories 630 (Calories from Fat 370); Total Fat 41g (Saturated Fat 18g); Cholesterol 220mg; Sodium 970mg; Total Carbohydrate 35g (Dietary Fiber 3g; Sugars 5g); Protein 31g







## Quick Sausage Supper

**Prep Time:** 15 Minutes **Start to Finish:** 35 Minutes  
**Servings:** 6

- 3/4 lb bulk pork sausage
- 1/2 cup chopped onion
- 2 tablespoons all-purpose flour
- 1 can (14.5 oz) diced tomatoes, undrained
- 1 can (4 oz) Green Giant® mushroom pieces and stems, undrained
- 1 teaspoon dried oregano leaves
- 1/2 teaspoon dried basil leaves
- 1/4 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1 can (12 oz) Pillsbury® Golden Layers® refrigerated buttermilk flaky biscuits
- 1 cup shredded mozzarella cheese (4 oz)

1. Heat oven to 375°F. In 10-inch ovenproof skillet with 2-inch-deep sides, cook sausage and onion over medium heat 5 to 7 minutes or until thoroughly cooked, stirring occasionally.
2. Sprinkle flour over sausage mixture in skillet. Add tomatoes, mushrooms, oregano, basil, garlic powder and pepper; mix well. Cook until slightly thickened, stirring occasionally. Reduce heat; simmer while preparing biscuits.
3. Separate dough into 10 biscuits. Cut each into quarters. Arrange biscuit pieces over hot sausage mixture. Sprinkle with cheese.
4. Bake 16 to 20 minutes or until biscuits are golden brown.

**Nutrition information per serving:**

**1 SERVING:** Calories 375 (Calories from Fat 180); Total Fat 20g (Saturated Fat 7g); Cholesterol 30mg; Sodium 1310mg; Total Carbohydrate 35g (Dietary Fiber 2g; Sugars 11g); Protein 16g



## Sloppy Joe Casserole

**Prep Time:** 15 Minutes **Start to Finish:** 35 Minutes  
**Servings:** 4

- 1 lb lean (at least 80%) ground beef
- 1/2 cup sliced green onions
- 1 can (15.5 oz) sloppy joe sandwich sauce
- 1 can (11 oz) Green Giant® Mexicorn® whole kernel corn, red and green peppers, undrained
- 1 can (6 oz) Pillsbury® Golden Layers® refrigerated buttermilk flaky biscuits

1. Heat oven to 375°F. In large skillet, brown ground beef with onions; drain. Stir in sandwich sauce and corn. Cook 2 to 3 minutes or until thoroughly heated, stirring occasionally.
2. Spoon mixture into ungreased 1- to 1 1/2-quart casserole. Separate dough into 5 biscuits; cut each in half. Arrange, cut side down, around outside edge of hot mixture with sides of biscuits touching.
3. Bake 15 to 20 minutes or until biscuits are deep golden brown.

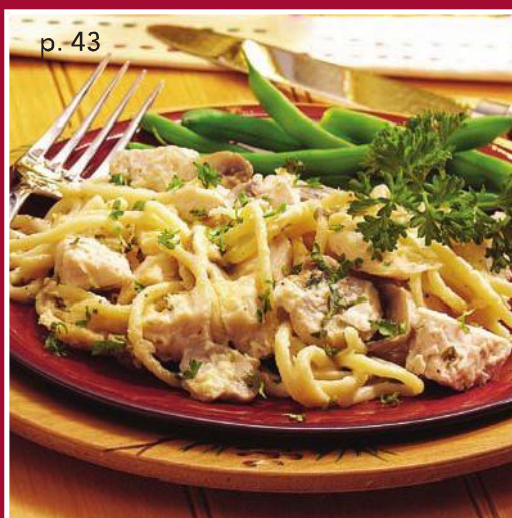
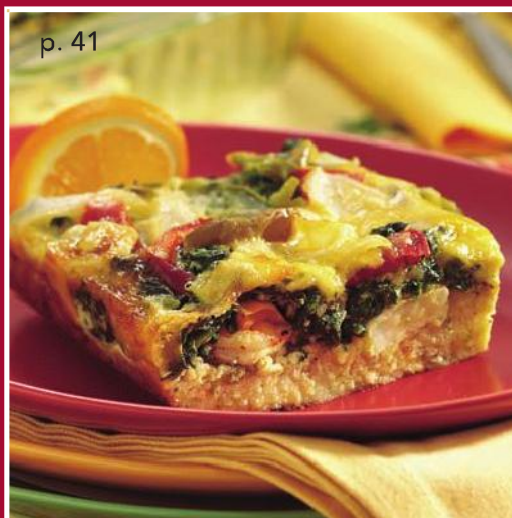
**Nutrition information per serving:**

**1 SERVING:** Calories 480 (Calories from Fat 190); Total Fat 21g (Saturated Fat 8g); Cholesterol 70mg; Sodium 1620mg; Total Carbohydrate 45g (Dietary Fiber 4g; Sugars 19g); Protein 27g

### Cook's Note

To ensure that the biscuits cook thoroughly, be sure that the ground beef mixture is piping hot when you place the biscuits on top.





# 12 • make-ahead • CASSEROLE TIPS • 6

- Allow extra time to bake a casserole that has been made ahead and refrigerated or frozen.
- Do not overcook foods for casseroles that are made ahead because they will cook more when reheated.
- Most casseroles and stews will keep up to 2 days in the refrigerator or 3 months in the freezer.
- Thaw frozen casseroles in the refrigerator overnight; allow extra baking time. Check center before serving to make sure casserole is hot.



## Make-Ahead Cheeseburger Lasagna

**Prep Time:** 40 Minutes

**Start to Finish:** 10 Hours 10 Minutes

**Servings:** 8

- 1½ lb lean (at least 80%) ground beef
- 3 tablespoons instant minced onion
- 1 can (15 oz) tomato sauce
- 1½ cups water
- ½ cup ketchup
- 1 tablespoon prepared mustard
- 1 egg
- 1 container (15 oz) ricotta cheese
- 2 cups shredded Cheddar and American cheese blend (8 oz)
- 12 uncooked lasagna noodles
- 1 cup shredded Cheddar cheese (4 oz)
- 1 cup shredded lettuce
- 1 medium tomato, sliced
- Dill pickle slices

1. Spray 13x9-inch (3-quart) glass baking dish and large nonstick skillet with nonstick cooking spray. In sprayed skillet, cook ground beef and onion over medium-high heat 5 to 7 minutes or until beef is thoroughly cooked, stirring frequently. Add tomato sauce, water, ketchup and mustard; mix well. Simmer 5 minutes, stirring occasionally.

2. Meanwhile, beat egg in medium bowl. Add ricotta cheese and 2 cups of the cheese blend; mix well.

3. Spread 1 cup beef mixture in bottom of sprayed baking dish. Arrange 4 uncooked noodles over sauce. Spoon and spread half of ricotta cheese mixture over noodles; top with 1½ cups beef mixture. Repeat layers once. Top with remaining 4 noodles, beef mixture and the 1 cup Cheddar cheese. Cover with foil; refrigerate at least 8 hours or overnight.

4. When ready to bake, heat oven to 350°F. Bake lasagna, covered, for 45 minutes.

5. Uncover baking dish; bake 25 to 35 minutes longer or until bubbly. Remove from oven. Cover with foil; let stand 5 to 10 minutes before serving.



6. Just before serving, top with lettuce, tomato and pickle slices. If desired, serve with additional ketchup.

### Nutrition information per serving:

**1 SERVING:** Calories 585 (Calories from Fat 280); Total Fat 31g (Saturated Fat 16g); Cholesterol 135mg; Sodium 1220mg; Total Carbohydrate 38g (Dietary Fiber 2g; Sugars 10g); Protein 38g

### Cook's Note

Serve the lasagna with toasted French bread slices and tossed green salad. Chocolate chip cookies are the perfect dessert.



## Havarti Ham and Egg Lasagna

**Prep Time:** 1 Hour **Start to Finish:** 10 Hours

**Servings:** 8

- 4 eggs
- 1 jar (16 oz) Alfredo pasta sauce
- 1 bag (14 to 16 oz) frozen asparagus cuts (3 cups)
- 1/2 cup drained sliced roasted red bell peppers (from a jar)
- 1/2 cup water
- 9 uncooked lasagna noodles
- 2 cups diced cooked ham
- 3 cups shredded Havarti cheese (12 oz)
- 1/2 cup Progresso® Parmesan bread crumbs
- 2 tablespoons butter, melted

**1.** Place eggs in single layer in small saucepan. Add enough water to cover eggs by 1 inch. Bring to a boil. Immediately remove from heat; cover and let stand 15 minutes. Drain; rinse with cold water. Place eggs in bowl of ice water; let stand 10 minutes.

**2.** Meanwhile, spray 13x9-inch (3-quart) glass baking dish with nonstick cooking spray. In large bowl, combine Alfredo pasta sauce, asparagus, roasted peppers and water; mix well.

**3.** Drain eggs. Peel; coarsely chop eggs. Arrange 3 uncooked noodles in bottom of sprayed baking dish. Top with 2/3 cup of the ham, 1/3 of the eggs and 1 cup cheese. Spread with 1 1/2 cups Alfredo sauce mixture. Repeat layers 2 more times ending with sauce. (Be sure top noodles are covered with sauce.) Cover; refrigerate at least 8 hours or overnight.

**4.** Heat oven to 350°F. Bake covered for 30 minutes.

**5.** In small bowl, mix bread crumbs and butter. Uncover baking dish; sprinkle crumb mixture evenly over top of lasagna. Bake uncovered 30 minutes longer or until thoroughly heated and topping is golden brown. Let stand 5 minutes before serving.

**Nutrition information per serving:**

**1 SERVING:** Calories 625 (Calories from Fat 225); Total Fat 35g (Saturated Fat 25g); Cholesterol 235mg; Sodium 1,200mg; Total Carbohydrate 30g (Dietary Fiber 1g); Sugar 10g

### Cook's Note

This lasagna is prepared with uncooked noodles, which gives it a slightly chewy texture. For a softer texture, omit the water from the recipe and assemble the lasagna with cooked noodles.







## Artichoke and Bacon Potato Bake

**Prep Time:** 30 Minutes

**Start to Finish:** 9 Hours 35 Minutes

**Servings:** 6

- 8 slices bacon, cut into 1/2-inch pieces
- 4 cups frozen potatoes O'Brien with onions and peppers (from 28-oz package)
- 1 1/2 cups shredded sharp Cheddar cheese (6 oz)
- 1 can (14 oz) quartered artichokes, drained
- 4 eggs
- 3/4 cup milk
- 1/2 teaspoon garlic-pepper blend
- 1/4 teaspoon salt
- 1 medium Italian plum tomato, thinly sliced

**1.** Spray 8-inch square (2-quart) glass baking dish with nonstick cooking spray. Cook bacon in large skillet over medium-high heat until crisp. Remove bacon from skillet; drain on paper towel.

**2.** In large bowl, combine cooked bacon, potatoes and 1 cup of the cheese; toss to mix. Spread half of potato mixture in sprayed baking dish. Top with artichokes and remaining potato mixture.

**3.** In same large bowl, beat eggs, milk, garlic-pepper blend and salt until well blended. Pour over potato mixture. Sprinkle with remaining 1/2 cup cheese. Cover with foil; refrigerate at least 8 hours or overnight.

**4.** Heat oven to 350°F. Bake covered for 45 minutes.

**5.** Uncover baking dish; arrange tomato slices over top. Bake uncovered 15 to 20 minutes longer or until knife inserted in center comes out clean. Let stand 10 minutes before serving.

**Nutrition information per serving:**

**1 SERVING:** Calories 365 (Calories from Fat 160); Total Fat 18g (Saturated Fat 9g); Cholesterol 180mg; Sodium 690mg; Total Carbohydrate 37g (Dietary Fiber 6g; Sugars 5g); Protein 20g





## Huevos Rancheros Casserole

**Prep Time:** 20 Minutes

**Start to Finish:** 9 Hours 10 Minutes

**Servings:** 6

- 5 corn tortillas (6 inch)
- 1½ cups finely shredded Colby-Monterey Jack cheese blend (6 oz)
- ½ lb smoked cooked chorizo sausage, coarsely chopped
- 1 can (4.5 oz) Old El Paso® chopped green chiles
- 6 eggs
- ½ cup milk
- ½ teaspoon dried oregano leaves
- ⅛ teaspoon ground red pepper (cayenne)
- Old El Paso® Thick 'n Chunky salsa

**1.** Spray 8-inch square (2-quart) glass baking dish with nonstick cooking spray. Place 4 of the tortillas in bottom of sprayed baking dish, overlapping as necessary, about ½ to 1 inch up sides. Cut remaining tortilla in half; cut into ½-inch-wide strips.

**2.** Sprinkle ½ cup of the cheese over tortillas in baking dish. Top with chorizo, chiles and ½ cup cheese. Arrange tortilla strips over cheese.

**3.** In medium bowl, combine eggs, milk, oregano and ground red pepper; beat well. Pour over mixture in baking dish. Sprinkle with remaining ½ cup cheese; press lightly into egg mixture. Cover with foil. Refrigerate at least 8 hours or overnight.

**4.** Heat oven to 350°F. Bake covered casserole for 30 minutes. Uncover; bake 15 to 20 minutes longer or until knife inserted in center comes out clean. Let stand 5 minutes before serving. Cut into squares. Serve with salsa.

**Nutrition information per serving:**

**1 SERVING:** Calories 390 (Calories from Fat 230); Total Fat 26g (Saturated Fat 11g); Cholesterol 265mg; Sodium 920mg; Total Carbohydrate 16g (Dietary Fiber 2g; Sugars 3g); Protein 23g



## Shrimp and Spinach Strata

**Prep Time:** 25 Minutes

**Start to Finish:** 9 Hours 40 Minutes

**Servings:** 8

- 10 to 12 slices French bread (1/2 inch thick)
- 1/2 cup purchased pesto
- 2 cups shredded Gouda cheese (8 oz)
- 1 lb shelled deveined uncooked medium shrimp, tails removed
- 1 bag (1 lb) Green Giant® frozen cut leaf spinach, thawed, squeezed to drain well
- 1 bag (1 lb) frozen bell pepper and onion stir-fry, thawed, drained
- 8 eggs
- 2 cups milk
- 1/2 teaspoon seasoned salt

1. Spray 13x9-inch (3-quart) glass baking dish with nonstick cooking spray. Arrange bread slices in bottom of sprayed baking dish. Cut cubes from bread to fill in empty spaces.

2. Spread pesto over bread. Sprinkle with 1 cup of the cheese. Layer shrimp, spinach, bell pepper and onion stir-fry, and remaining 1 cup cheese over bread.

3. In large bowl, beat eggs, milk and seasoned salt until well blended. Pour over mixture in baking dish. Cover with foil; refrigerate at least 8 hours or overnight.

4. Heat oven to 350°F. Uncover baking dish; bake 40 to 50 minutes or until set and knife inserted in center comes out clean. Let stand 15 minutes before serving.

**Nutrition information per serving:**

**1 SERVING:** Calories 420 (Calories from Fat 215); Total Fat 24g (Saturated Fat 9g); Cholesterol 330mg; Sodium 790mg; Total Carbohydrate 22g (Dietary Fiber 2g; Sugars 6g); Protein 29g

### Cook's Note

Squeeze the spinach and bell pepper mixture completely dry between paper towels to keep any additional moisture out of the strata.





## Taco Fiesta Chicken Lasagna (Cover Recipe)

**Prep Time:** 30 Minutes

**Start to Finish:** 9 Hours 30 Minutes

**Servings:** 8

- 2 cans (14½ oz each) diced tomatoes with zesty mild green chiles, undrained
- ½ cup Old El Paso® Thick 'n Chunky Salsa
- 3 cups cubed cooked chicken
- 1 can (16 oz) Old El Paso® refried beans
- ½ cup sour cream
- 12 uncooked lasagna noodles
- 3 cups shredded Colby-Monterey Jack cheese (12 oz)
- ½ cup chopped green onions
- ¼ cup sliced ripe olives, if desired
- ¼ cup chopped fresh cilantro

1. Spray 15x12-inch sheet of foil and 13x9-inch (3-quart) glass baking dish with cooking spray. In large bowl, mix tomatoes, salsa and chicken. In medium bowl, mix refried beans and sour cream.

2. Spread about 1¼ cups chicken mixture in bottom of baking dish. Top with 4 uncooked noodles, breaking to fit if necessary. Spread with half of bean

mixture and 1½ cups chicken mixture. Sprinkle with 1 cup of the cheese, and half of the onions and olives.

3. Repeat noodle, bean, chicken and cheese layers once. Top with remaining 4 noodles, chicken, onions, olives and cheese. (Be sure top noodles are covered.) Cover with foil; refrigerate at least 8 hours or overnight.

4. Heat oven to 350°F. Bake covered lasagna 50 minutes. Uncover baking dish; bake 18 to 22 minutes longer or until bubbly and thoroughly heated. Let stand 10 minutes before serving. Sprinkle with cilantro. If desired, garnish each serving with sour cream, chopped tomato and shredded lettuce.

**Nutrition information per serving:**

**1 SERVING:** Calories 480 (Calories from Fat 190); Total Fat 21g (Saturated Fat 11g); Total Carbohydrate 39g (Dietary Fiber 6g; Sugars 7g); Protein 34g

### Cook's Note

Don't have the tomatoes with green chiles? Just use a 4.5-ounce can of Old El Paso® chopped green chiles and plain canned diced tomatoes instead.



## Make-Ahead Turkey Tetrazzini

**Prep Time:** 30 Minutes

**Start to Finish:** 9 Hours 25 Minutes

**Servings:** 8

- 8 oz uncooked spaghetti
- 1/4 cup margarine or butter
- 2 cups sliced fresh mushrooms
- 3 tablespoons all-purpose flour
- 2 cups chicken broth
- 3/4 cup half-and-half
- 1 to 3 tablespoons dry sherry, if desired
- 1/4 cup chopped fresh parsley
- 1 teaspoon salt
- 1/8 teaspoon nutmeg
- Dash pepper
- 3 cups cubed cooked turkey
- 1/2 cup grated Parmesan cheese
- Chopped fresh parsley, if desired

**1.** Cook spaghetti as directed on package. Drain.

**2.** Meanwhile, melt margarine in Dutch oven over medium heat. Add mushrooms; cook 5 minutes or until tender, stirring frequently. Reduce heat to medium-low. Add flour; cook and stir until bubbly. Gradually add broth, stirring constantly, until mixture boils and thickens. Remove from heat; stir in half-and-half, sherry, 1/4 cup parsley, salt, nutmeg and pepper.

**3.** Add cooked spaghetti and turkey to mushroom mixture; stir gently to mix. Spoon mixture into ungreased 13x9-inch (3-quart) glass baking dish. Cover with foil; refrigerate at least 8 hours or overnight.

**4.** Heat oven to 350°F. Uncover baking dish; sprinkle Parmesan cheese over top. Cover; bake 45 to 55 minutes or until thoroughly heated, removing foil during last 10 minutes of baking time. Sprinkle with parsley.

**Nutrition information per serving:**

**1 SERVING:** Calories 340 (Calories from Fat 135); Total Fat 15g (Saturated Fat 5g); Cholesterol 60mg; Sodium 900mg; Total Carbohydrate 27g (Dietary Fiber 1g; Sugars 2g); Protein 24g





# side-dish casseroles

Baked and slow-cooked menu completers

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Hash Browns, p. 53







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## Cheesy Winter Vegetables Casserole

**Prep Time:** 15 Minutes **Start to Finish:** 7 Hours 15 Minutes

**Servings:** 12 (1½ cup each)

- 1 bag (1 lb 4 oz) refrigerated new potato wedges
- 1 bag (16 oz) fresh baby carrots
- 1 medium stalk celery, cut into 1-inch pieces
- 1 can (10¾ oz) condensed Cheddar cheese soup
- 2 teaspoons Worcestershire sauce
- ⅛ teaspoon ground red pepper (cayenne), if desired
- 1 cup Green Giant® frozen sweet peas, thawed
- 1 cup shredded Cheddar and American cheese blend (4 oz)

1. In 3½ to 4-quart slow cooker, combine potatoes, carrots and celery. In small bowl, combine soup, Worcestershire sauce and ground red pepper; mix well. Pour soup mixture over vegetables; stir gently to coat.

2. Cover; cook on Low setting 6 to 7 hours.

3. About 10 minutes before serving, gently stir thawed peas and cheese into vegetable mixture. Cover; cook 10 minutes longer or until carrots are tender.

**Nutrition information per serving:**

**1 SERVING:** Calories 135 (Calories from Fat 45); Total Fat 5g (Saturated Fat 3g); Cholesterol 15mg; Sodium 480mg; Total Carbohydrate 17g (Dietary Fiber 2g; Sugars 4g); Protein 5g

### Cook's Notes

Thaw the peas in the refrigerator while the casserole cooks.

Spice up this recipe by adding up to twice the amount of ground red pepper.









## Easy Vegetable Gratin

10 Minutes **Start to Finish:** 45 Minutes  
(1/2 cup each)

1 (10 3/4 oz) condensed Cheddar cheese soup  
1/2 cup shredded Cheddar cheese (2 oz)  
1/2 cup sour cream  
1/2 cup finely chopped red bell pepper, coarsely chopped  
1 (1 lb) Green Giant Select® frozen broccoli,  
carrots & cauliflower, thawed, drained  
1/2 cup Cheddar cheese crackers, crushed  
2 tablespoons butter, melted

Preheat oven to 375°F. Spray shallow 1 1/2-quart casserole or  
baking dish with nonstick cooking spray. In large bowl, combine  
soup and sour cream; mix well. Stir in bell pepper and  
vegetables. Spoon into sprayed casserole.

In another bowl, combine crushed crackers and butter; mix  
well. Sprinkle over vegetable mixture.

Bake for 35 minutes or until mixture is bubbly and  
crackers are crisp-tender.

### Nutrition per serving:

Calories 165 (Calories from Fat 100); Total Fat 11g (Saturated Fat  
6g); Sodium 440mg; Total Carbohydrate 12g (Dietary Fiber  
3g); Protein 5g

## Cook's Notes

Gratins are distinguished by their oven-browned topping of buttery bread crumbs or cheese. They are assembled in shallow baking dishes that have a large surface area to make the most crispy-gold crust.

To make this recipe ahead, do not sprinkle with cracker crumbs; cover and refrigerate for up to eight hours. Uncover; top with buttered crumbs just before baking.



## Swiss Vegetable Casserole

**Prep Time:** 20 Minutes **Start to Finish:** 50 Minutes

**Servings:** 8 (1/2 cup each)

- 2 tablespoons margarine or butter
- 6 green onions, cut into 1/2-inch pieces (1/2 cup)
- 2 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 cups milk
- 1 cup shredded Swiss cheese (4 oz)
- 1 bag (1 lb) Green Giant Select® frozen broccoli, carrots & cauliflower, cooked, drained
- 1/4 cup crushed round buttery crackers

**1.** Heat oven to 350°F. Grease 1 to 1 1/2-quart casserole. In medium saucepan, melt margarine over medium heat. Add onions; cook and stir 2 to 3 minutes or until tender.

**2.** Stir in flour, salt and pepper; mix well. Gradually add milk, stirring constantly. Cook and stir until mixture is bubbly and thickened. Remove from heat.

**3.** Add 3/4 cup of the cheese; stir until melted. Stir in cooked vegetables. Spoon mixture into greased casserole. Sprinkle with crushed crackers and remaining 1/4 cup cheese.

**4.** Bake 25 to 30 minutes or until topping is golden brown and casserole is bubbly.

**Nutrition information per serving:**

**1 SERVING:** Calories 140 (Calories from Fat 70); Total Fat 8g (Saturated Fat 4g); Cholesterol 15mg; Sodium 200mg; Total Carbohydrate 10g (Dietary Fiber 2g; Sugars 4g); Protein 7g







## Buttercup Squash Casserole

**Prep Time:** 10 Minutes

**Start to Finish:** 1 Hour 25 Minutes

**Servings:** 4 (1½ cup each)

- 1 medium buttercup squash
- 2 tablespoons brown sugar
- ¼ teaspoon salt
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 tablespoons margarine or butter
- 1 tablespoon chopped fresh chives
- ⅛ teaspoon nutmeg, if desired

1. Heat oven to 350°F. Cut squash into quarters; remove seeds. Place, cut side down, in ungreased shallow baking pan. Bake 45 to 50 minutes or until tender. Cool slightly.

2. Grease 1-quart casserole. Scoop squash pulp from skin; place in medium bowl. Discard skin. Add brown sugar, salt, cinnamon, ¼ teaspoon nutmeg and margarine to squash. Mix with potato

masher or fork until well blended. Spoon into greased casserole. Sprinkle with chives and ⅛ teaspoon nutmeg.

3. Bake 20 to 25 minutes or until thoroughly heated.

**Nutrition information per serving:**

**1 SERVING:** Calories 160 (Calories from Fat 60); Total Fat 7g (Saturated Fat 1g); Cholesterol 0mg; Sodium 210mg; Total Carbohydrate 23g (Dietary Fiber 6g; Sugars 13g); Protein 2g

### Cook's Note

Slightly cook the buttercup squash (or any hard winter squash) in the microwave to make it easier to cut. Use an ice pick or knife to pierce 2 to 4 holes so steam can escape. Microwave the squash on High for 2 to 3 minutes or just until it's soft enough to cut.





## Sweet Corn Potluck Pudding

**Prep Time:** 5 Minutes

**Start to Finish:** 6 Hours 5 Minutes

**Servings:** 14 (1½ cup each)

- 1 bag (1 lb) Green Giant® Niblets® frozen corn
- 2 cans (11 oz each) Green Giant® Mexicorn® whole kernel corn, red and green peppers
- 1 can (14.75 oz) Green Giant® cream style sweet corn
- 1 package (6.5 oz) corn muffin and bread mix
- $\frac{3}{4}$  cup water
- $\frac{1}{4}$  cup butter or margarine, melted
- 1 teaspoon salt

1. In 3 to 4-quart slow cooker, combine all ingredients; mix well.

2. Cover; cook on Low setting 3 hours.

3. Stir mixture; cover and cook 2 to 3 hours longer or until pudding is slightly puffed in center.

**Nutrition information per serving:**

**1 SERVING:** Calories 180 (Calories from Fat 45); Total Fat 5g (Saturated Fat 3g); Cholesterol 10mg; Sodium 470mg; Total Carbohydrate 30g (Dietary Fiber 2g; Sugars 6g); Protein 4g

### Cook's Note

This sweet corn pudding goes perfectly with ham, green beans and biscuits.





## Monterey Chipotle Hash Browns

**Prep Time:** 10 Minutes **Start to Finish:** 1 Hour

**Servings:** 8 (1/2 cup each)

- 1 bag (20 oz) refrigerated hash-brown potatoes
- 1 cup shredded Monterey Jack cheese (4 oz)
- 1/2 cup sliced green onions
- 1 1/4 cups milk
- 2 chipotle chiles in adobo sauce, finely chopped (from 7- or 11-oz can)
- 2 teaspoons adobo sauce from can
- 2 garlic cloves, minced
- 1/2 teaspoon seasoned salt
- 1/4 teaspoon pepper

**1.** Heat oven to 350°F. Spray shallow 1 1/2-quart casserole or gratin dish with nonstick cooking spray. In sprayed casserole, combine potatoes, cheese and onions; mix well.

**2.** In medium bowl, combine all remaining ingredients; blend well. Pour over potato mixture; mix well.

**3.** Bake 45 to 50 minutes or until potatoes are tender and top is golden brown.

**Nutrition information per serving:**

**1 SERVING:** Calories 165 (Calories from Fat 45); Total Fat 5g (Saturated Fat 3g); Cholesterol 15mg; Sodium 270mg; Total Carbohydrate 23g (Dietary Fiber 2g; Sugars 4g); Protein 7g

### Cook's Note

For a slight change of flavor, try Cheddar or Colby-Monterey Jack cheese blend in place of the Monterey Jack.







## Slow-Cooked Zesty Pinto Beans

**Prep Time:** 30 Minutes **Start to Finish:** 12 Hours  
**Servings:** 12 (1½ cup each)

- 1 bag (16 oz) dried pinto beans (3¼ cups), sorted, rinsed
- 2 cups water
- 1 cup chopped onions (2 medium)
- ½ cup finely chopped cooked ham
- 2 garlic cloves, minced
- 2 tablespoons brown sugar
- 1 tablespoon chili powder
- ½ teaspoon cumin
- ½ teaspoon salt
- 1 can (14½ oz) diced tomatoes with green chiles, undrained

1. In large saucepan, combine beans and 10 cups water. Bring to a boil. Reduce heat to medium-low; simmer 1 to 1½ hours or until beans are tender but still firm, stirring occasionally.
2. Drain beans, discarding water. Place beans in 3½ to 4-quart slow cooker. Add 2 cups water and all remaining ingredients except tomatoes; mix well.
3. Cover; cook on Low setting 8 hours.
4. Add tomatoes; mix well. Cover; cook 1 to 2 hours longer or until beans are tender.

**Nutrition information per serving:**

**1 SERVING:** Calories 125 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0g); Cholesterol 5mg; Sodium 240mg; Total Carbohydrate 28g (Dietary Fiber 8g; Sugars 5g); Protein 9g



## Corn and Green Chile Rice

**Prep:** 20 Minutes **Start to Finish:** 55 Minutes  
**Servings:** 12 (1½ cup each)

- 1 cup uncooked regular long-grain white rice
- 2 cups water
- 1 cup cottage cheese
- 1 can (11 oz) Green Giant® Mexicorn® whole kernel corn, red and green peppers
- 1 container (8 oz) sour cream
- 1 can (4.5 oz) Old El Paso® chopped green chiles
- 1 cup shredded Mexican cheese blend (4 oz)

1. Cook rice in water as directed on package.
2. Meanwhile, heat oven to 350°F. Spray 2-quart casserole with nonstick cooking spray. In large bowl, combine cooked rice and all remaining ingredients except Mexican cheese blend; mix well. Pour into sprayed casserole. Sprinkle with cheese.
3. Bake 30 to 35 minutes or until casserole is thoroughly heated and cheese is melted.

**Nutrition information per serving:**

**1 SERVING:** Calories 210 (Calories from Fat 90); Total Fat 10g (Saturated Fat 6g); Cholesterol 30mg; Sodium 290mg; Total Carbohydrate 20g (Dietary Fiber 1g; Sugars 2g); Protein 10g

### Cook's Note

Not sure what size your casserole dish is? Just fill it with water and measure the water to determine the size.





## Hassle-Free Vegetable-Rice Pilaf

**Prep Time:** 10 Minutes

**Start to Finish:** 2 Hours 10 Minutes

**Servings:** 12 (1/2 cup each)

- 1 can (14 oz) chicken broth with roasted garlic
- 2/3 cup water
- 1 1/2 cups uncooked converted long-grain white rice
- 1 tablespoon olive oil
- 1 1/4 cups Green Giant® frozen cut green beans
- 1/2 cup sliced carrot
- 2 green onions, sliced
- 1/2 teaspoon salt
- 1/4 teaspoon lemon-pepper seasoning

**1.** In 4-cup glass measuring cup, combine broth and water. Microwave on High for 4 to 5 minutes or until steaming hot.

**2.** Meanwhile, spray 4 to 6-quart slow cooker with nonstick cooking spray. Combine rice and oil in sprayed slow cooker; mix well. Stir in all remaining ingredients and hot broth mixture.

**3.** Cover; cook on High setting 1 1/2 to 2 hours.

**Nutrition information per serving:**

**1 SERVING:** Calories 110 (Calories from Fat 20); Total Fat 2g (Saturated Fat 0g); Cholesterol 0mg; Sodium 120mg; Total Carbohydrate 21g (Dietary Fiber 1g; Sugars 1g); Protein 2g



## Wild Rice Stuffing

**Prep Time:** 20 Minutes

**Start to Finish:** 6 Hours 20 Minutes

**Servings:** 22 (1/2 cup each)

- 1 cup uncooked whole-grain wild rice (not cracked or broken)
- 1 cup sliced fresh mushrooms
- 1 medium onion, chopped (1/2 cup)
- 1 medium stalk celery, chopped (about 1/2 cup)
- 1 medium carrot, chopped (about 1/2 cup)
- 2 tablespoons butter or margarine, cut into small pieces
- 1 container (32 oz) chicken broth
- 5 cups herb-seasoned cubed stuffing

**1.** In 5 to 6-quart slow cooker, combine all ingredients except stuffing; mix well.

**2.** Cover; cook on Low setting 5 hours.

**3.** Gently stir stuffing into rice mixture. Cover; cook 45 to 60 minutes longer or until stuffing is moist and tender.

**4.** Just before serving, gently stir mixture.

**Nutrition information per serving:**

**1 SERVING:** Calories 110 (Calories from Fat 20); Total Fat 2g (Saturated Fat 1g); Cholesterol 5mg; Sodium 440mg; Total Carbohydrate 19g (Dietary Fiber 1g; Sugars 1g); Protein 4g



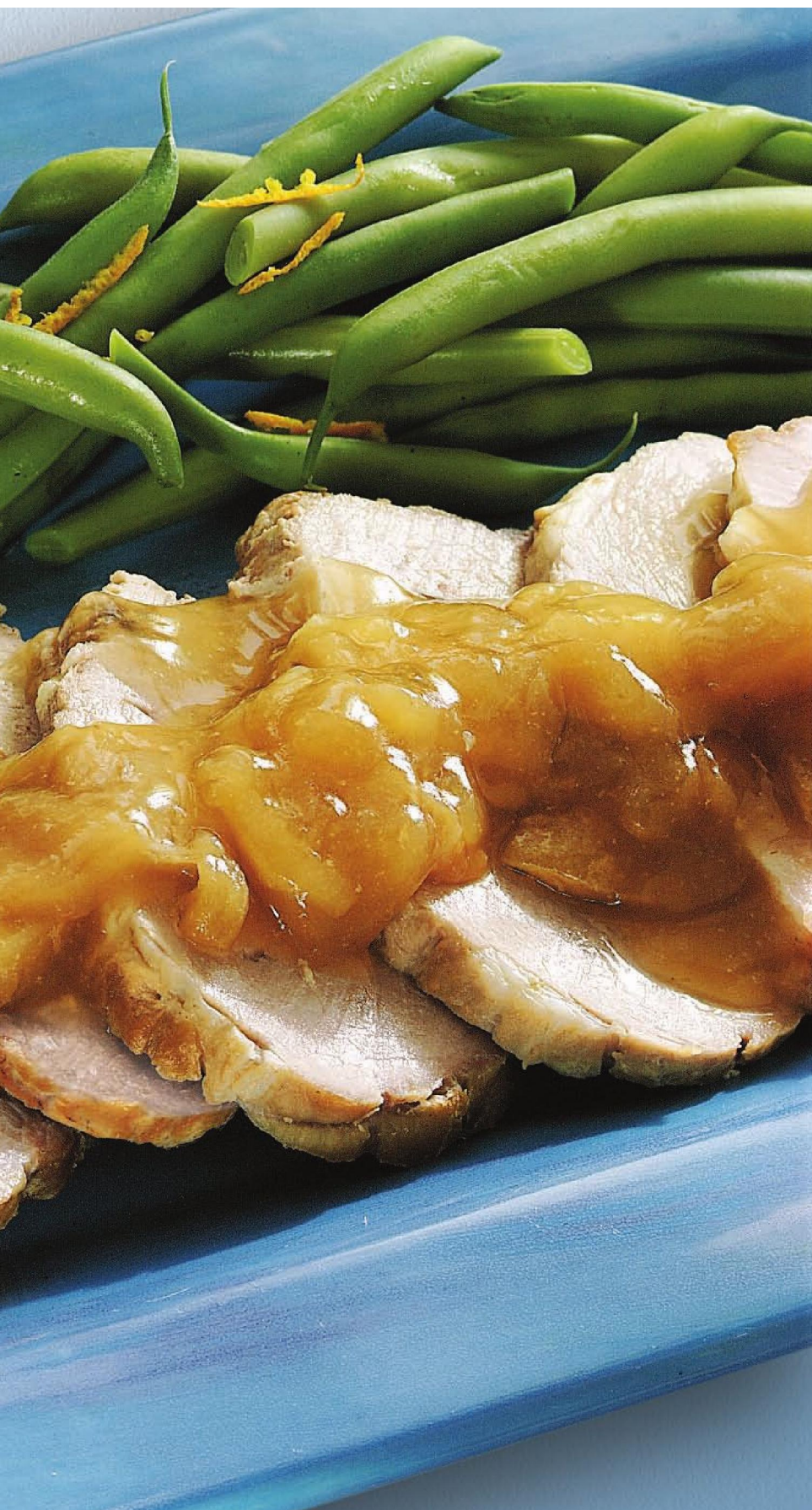
# slow-cooker specialties

Tender beef with gravy, spicy pulled pork, and more

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## Slow-Cooked Paprika Chicken with Mashed Potatoes

**Prep Time:** 25 Minutes **Start to Finish:** 8 Hours 25 Minutes

**Servings:** 6

- 1 1/4 lb boneless skinless chicken thighs, cut into 3/4-inch pieces
- 1 1/2 cups sliced fresh carrots
- 1 medium onion, halved, sliced
- 1 medium green bell pepper, chopped
- 3 teaspoons paprika
- 1/2 teaspoon peppered seasoned salt
- 1 can (10 3/4 oz) condensed cream of chicken soup
- 1 cup Green Giant® frozen sweet peas, thawed
- 1/2 cup sour cream with chives
- 4 cups prepared mashed potatoes
- Cooked real bacon pieces, if desired

**1.** In 3 1/2 to 4-quart slow cooker, combine chicken, carrots, onion, bell pepper, paprika, seasoned salt and soup; mix well.

**2.** Cover; cook on Low setting 6 to 8 hours.

**3.** About 10 minutes before serving, stir thawed peas and sour cream into chicken mixture. Cover; cook 10 minutes longer or until thoroughly heated. Serve chicken mixture with mashed potatoes; sprinkle with bacon or additional paprika.

**Nutrition information per serving:**

**1 SERVING:** Calories 440 (Calories from Fat 200); Total Fat 22g (Saturated Fat 7g); Cholesterol 75mg; Sodium 850mg; Total Carbohydrate 39g (Dietary Fiber 5g; Sugars 7g); Protein 26g

### Cook's Notes

Paprika is made from ground dried red peppers. Supermarkets carry mild paprikas, while ethnic markets carry more pungent varieties.

To reduce the fat by about 5 grams per serving, substitute reduced-fat cream of chicken soup and nonfat sour cream for the regular versions.







## Tuscan-Style Chicken Sandwiches

**Prep Time:** 20 Minutes **Start to Finish:** 7 Hours 20 Minutes

**Servings:** 6 sandwiches

- 1¼ lb (about 6) boneless skinless chicken thighs
- 2 garlic cloves, minced
- ½ cup roasted red bell pepper (from a jar), cut into bite-sized strips
- ½ teaspoon salt
- ¼ cup mayonnaise
- 3 tablespoons purchased pesto
- 1 round loaf focaccia bread (10-inch)
- 6 slices tomato

**1.** Place chicken thighs in 3½ to 4-quart slow cooker. Sprinkle with garlic, roasted pepper strips and salt.

**2.** Cover; cook on Low setting 6 to 7 hours.

**3.** Just before serving, remove chicken from slow cooker; place on large plate. Shred chicken with 2 forks; return to slow cooker and mix well.

**4.** In small bowl, combine mayonnaise and pesto; blend well. Cut focaccia into 6 wedges; split each in half. Spread cut sides with mayonnaise mixture. With slotted spoon, place about ⅓ cup chicken mixture onto bottom half of each focaccia wedge. Top each with tomato slice and top half of focaccia.

**Nutrition information per serving:**

**1 SANDWICH:** Calories 460 (Calories from Fat 225); Total Fat 25g (Saturated Fat 5g); Cholesterol 65mg; Sodium 920mg; Total Carbohydrate 33g (Dietary Fiber 1g; Sugars 2g); Protein 26g

### Cook's Notes

Focaccia is a flat, round Italian bread with a dense texture that slices perfectly for sandwiches. Look for focaccia in the grocery store's bakery or deli, or stop by an Italian bakery.

Any remaining pesto can be frozen for a later use on pasta or crostini.







## Teriyaki Barbecued Chicken Sandwiches

**Prep Time:** 10 Minutes

**Start to Finish:** 7 Hours 10 Minutes

**Servings:** 10 sandwiches

- 2½ lb boneless skinless chicken thighs
- ½ cup ketchup
- ¼ cup purchased stir-fry sauce
- 1 envelope (1 oz) dry stir-fry seasoning mix
- 2½ cups purchased coleslaw blend (from 16-oz bag)
- 10 kaiser rolls, split

**1.** Place chicken in 3½ to 4-quart slow cooker. In small bowl, combine ketchup, stir-fry sauce and stir-fry seasoning mix; blend well. Pour over chicken.

**2.** Cover; cook on Low setting 6 to 7 hours.

**3.** To serve, remove chicken from slow cooker; place on cutting board. With 2 forks, pull chicken into shreds. Return chicken to slow cooker; stir to mix with sauce. Place ¼ cup coleslaw blend on bottom half of each roll. With slotted spoon, top each with chicken. Cover each with top half of roll.

**Nutrition information per serving:**

**1 SANDWICH:** Calories 355 (Calories from Fat 100); Total Fat 11g (Saturated Fat 3g); Cholesterol 70mg; Sodium 790mg; Total Carbohydrate 34g (Dietary Fiber 1g; Sugars 5g); Protein 30g

### Cook's Note

Toting the sandwich filling to a gathering? Loop a large, sturdy rubber band from handle to handle across the slow cooker cover to keep the cooker sealed during transit.



## Italian Turkey Dinner

**Prep Time:** 10 Minutes

**Start to Finish:** 8 Hours 30 Minutes

**Servings:** 6

- 2 turkey thighs (about 1 lb each), skin removed
- 1 can (14.5 oz) diced tomatoes with Italian-style herbs, undrained
- 2 tablespoons tomato paste
- 2 garlic cloves, minced
- 1 cup uncooked couscous
- 1½ cups water
- 2 cups sliced zucchini

1. Place turkey thighs in 3½ to 4-quart slow cooker. In small bowl, combine tomatoes, tomato paste and garlic; mix well. Pour over turkey.

2. Cover; cook on Low setting 6 to 8 hours.

3. About 25 minutes before serving, cook couscous in water as directed on package. Stir zucchini into tomato mixture. Cover; cook on High setting 20 minutes longer or until zucchini is tender.

4. To serve, remove bones from turkey. Stir gently to break up turkey. Serve over couscous.

**Nutrition information per serving:**

**1 SERVING:** Calories 270 (Calories from Fat 45); Total Fat 5g (Saturated Fat 2g); Cholesterol 55mg; Sodium 250mg; Total Carbohydrate 31g (Dietary Fiber 3g; Sugars 3g); Protein 24g





## Corned Beef and Cabbage Dinner

**Prep Time:** 15 Minutes

**Start to Finish:** 12 Hours 50 Minutes

**Servings:** 8

### Dinner

- 2 lb small red potatoes
- 1½ cups fresh baby carrots
- 1 medium onion, cut into 8 wedges
- 1 corned beef brisket with seasoning packet (2 to 2½ lb)
- 2 cups apple juice
- Water
- 8 thin wedges cabbage

### Horseradish Sauce

- ½ cup sour cream
- ¼ cup mayonnaise
- 2 tablespoons prepared horseradish
- 2 teaspoons Dijon mustard

1. Place potatoes, carrots and onion in 5 to 6½-quart slow cooker. Top with corned beef brisket; sprinkle with contents of seasoning packet. Add apple juice and enough water to just cover brisket.

2. Cover; cook on Low setting 10 to 12 hours.

3. About 40 minutes before serving, remove beef from slow cooker; place on serving platter and cover to keep warm. Add cabbage wedges to vegetables and broth in slow cooker. Increase heat setting to High; cover and cook 30 to 35 minutes longer or until cabbage is crisp-tender.

4. Meanwhile, in small bowl, combine all horseradish sauce ingredients; mix well.

5. To serve, cut corned beef across grain into thin slices. With slotted spoon, remove vegetables from slow cooker. Serve corned beef and vegetables with sauce.

### Nutrition information per serving:

**1 SERVING:** Calories 410 (Calories from Fat 200); Total Fat 40g (Saturated Fat 8g); Cholesterol 90mg; Sodium 100mg; Total Carbohydrate 31g (Dietary Fiber 4g; Sugars 6g)







## Swiss Steak with Chipotle Chile Sauce

**Prep Time:** 15 Minutes

**Start to Finish:** 9 Hours 15 Minutes

**Servings:** 8

- 1 can (10<sup>3</sup>/<sub>4</sub> oz) condensed cream of mushroom soup
- 2 lb boneless beef top round steak (1<sup>1</sup>/<sub>2</sub> inches thick)
- 1 tablespoon brown sugar
- 2 tablespoons ketchup
- 2 tablespoons chopped chipotle chiles in adobo sauce (from 7- or 11-oz can)
- 1 garlic clove, minced
- 2 Italian plum tomatoes, chopped
- <sup>1</sup>/<sub>2</sub> medium green bell pepper, cut into thin bite-sized strips

1. Spoon soup into 4 to 5-quart slow cooker. Top with beef round steak, cutting into pieces if necessary to place in single layer. In small bowl, combine brown sugar, ketchup, chiles and garlic; mix well. Spread over beef. Top with tomatoes.

2. Cover; cook on Low setting 8 to 9 hours.

3. About 10 minutes before serving, add bell pepper. Cover; cook 10 minutes longer.

4. To serve, remove beef from slow cooker; place on cutting board. Cut into serving-sized pieces. Serve beef with sauce from slow cooker.

**Nutrition information per serving:**

**1 SERVING:** Calories 180 (Calories from Fat 55); Total Fat 6g (Saturated Fat 2g); Cholesterol 60mg; Sodium 380mg; Total Carbohydrate 7g (Dietary Fiber 0g; Sugars 4g); Protein 24g



## Smothered Swiss Steak

**Prep Time:** 15 Minutes

**Start to Finish:** 10 Hours 10 Minutes

**Servings:** 4

- 2 teaspoons oil
- 1½ lb boneless beef top round steak, trimmed of fat
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 medium onion, halved lengthwise, thinly sliced
- 1 carrot, shredded
- 1 can (4 oz) Green Giant® mushroom pieces and stems, drained
- 1 can (10¾ oz) condensed cream of mushroom soup
- 1 can (8 oz) tomato sauce

1. Heat oil in large skillet over medium-high heat until hot. Sprinkle beef with salt and pepper; place in skillet. Cook 4 to 6 minutes or until well browned, turning once.

2. Meanwhile, in 3½ to 4-quart slow cooker, combine onion, carrot and mushrooms; mix well.

3. Cut browned beef into 4 pieces; place in slow cooker over vegetables. In same skillet, combine soup and tomato sauce; mix well. Pour over beef.

4. Cover; cook on Low setting 8 to 10 hours. Stir sauce well before serving over beef.

**Nutrition information per serving:**

**1 SERVING:** Calories 315 (Calories from Fat 110); Total Fat 12g (Saturated Fat 3g); Cholesterol 95mg; Sodium 1650mg; Total Carbohydrate 15g (Dietary Fiber 2g; Sugars 6g); Protein 37g







## Beef and Vegetables with Horseradish Gravy

Serves 4  
Prep Time: 25 Minutes

1 beef rump or tip roast,  
about 3 lb  
1 cup sliced  
1/2 cup creamy horseradish  
1/2 cup (2 oz) brown gravy mix  
1/2 cup carrots, cut in half lengthwise  
1/2 cup celery pieces  
1/2 cup potatoes (1 lb), scrubbed,  
cut in half  
1/2 cup celery, cut in half  
1/2 cup and into 2-inch pieces  
1/2 cup  
1/2 cup ground black pepper  
1/2 cup cornstarch  
1/2 cup water

1. With tip of knife, make cuts in top of beef roast; insert garlic slivers. Spread beef with 1 tablespoon of the horseradish. Sprinkle with 1/2 teaspoon of the gravy mix. Place beef in 3 1/2 to 4-quart slow cooker. Arrange carrots around beef. Top with potatoes and celery.

2. In small bowl, combine 1/2 cup water, remaining gravy mix, salt and pepper; mix until well blended. Pour over vegetables.

3. Cover; cook on Low setting 8 to 9 hours.

4. Just before serving, remove beef and vegetables from slow cooker; place on serving platter and cover to keep warm. In medium saucepan, combine cornstarch, 3 tablespoons water and remaining 2 tablespoons horseradish; blend well. Pour juices from slow cooker into cornstarch mixture; mix well. Bring to a boil over medium-high heat, stirring constantly. Cut beef into slices. Serve beef with vegetables and gravy.

### Nutrition information per serving:

**1 SERVING:** Calories 360 (Calories from Fat 70); Total Fat 8g (Saturated Fat 3g); Cholesterol 120mg; Sodium 560mg; Total Carbohydrate 24g (Dietary Fiber 2g; Sugars 3g); Protein 48g



## Cajun Pot Roast with Maque Choux

**Prep Time:** 10 Minutes

**Start to Finish:** 10 Hours 10 Minutes

**Servings:** 6

- 2 to 2½ lb boneless beef chuck roast
- 1 tablespoon dried Cajun seasoning
- 1 box (9 oz) Green Giant® Niblets® frozen corn
- ½ cup chopped onion
- ½ cup chopped green bell pepper
- 1 can (14.5 oz) diced tomatoes, undrained
- ⅛ teaspoon pepper
- ½ teaspoon hot pepper sauce

1. Rub entire surface of beef roast with Cajun seasoning. Place roast in 3½ to 4-quart slow cooker. Top with corn, onion and bell pepper.

2. In small bowl, combine tomatoes, pepper and hot pepper sauce; mix well. Pour over vegetables and roast.

3. Cover; cook on Low setting 8 to 10 hours.

4. To serve, cut roast into slices. Serve corn mixture with slotted spoon.

**Nutrition information per serving:**

**1 SERVING:** Calories 270 (Calories from Fat 80); Total Fat 9g (Saturated Fat 3g); Cholesterol 105mg; Sodium 590mg; Total Carbohydrate 12g (Dietary Fiber 2g; Sugars 4g); Protein 36g







## Slow-Cooked Pot Roast and Vegetables

**Prep Time:** 25 Minutes

**Start to Finish:** 10 Hours 25 Minutes

**Servings:** 4

- 1/2 cup all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 lb boneless beef top round steak (1/2 inch thick), cut into 4 equal pieces
- 4 medium potatoes, peeled, each cut into 6 pieces
- 4 large carrots, cut into 1-inch pieces
- 1 onion, thinly sliced
- 1 bay leaf
- 1 can (14 oz) beef broth
- 1 teaspoon Worcestershire sauce
- 2 tablespoons cornstarch

In shallow bowl, combine flour, salt and pepper; mix well. Add beef pieces; turn to coat both sides. Spray large nonstick skillet with nonstick cooking spray. Heat over medium-high heat until hot. Add beef; cook 4 to 6 minutes or until browned,

turning once. Remove beef from skillet; cover to keep warm.

**2.** In 3½ to 4-quart slow cooker, combine potatoes, carrots and onion; mix well. Add bay leaf. Place browned beef over vegetables. In small bowl, combine 1½ cups of the broth (reserve and refrigerate remaining broth) and Worcestershire sauce. Pour over beef.

**3.** Cover; cook on Low setting 8 to 10 hours.

**4.** About 5 minutes before serving, with slotted spoon, remove beef and vegetables from slow cooker; place on serving platter. Cover to keep warm.

**5.** Pour liquid from slow cooker into medium saucepan; remove and discard bay leaf. In small bowl, blend remaining broth and cornstarch until smooth. Add to liquid in saucepan. Bring to a boil over medium-high heat, stirring constantly. Boil 1 minute. Serve sauce with beef and vegetables. If desired, season to taste with salt and pepper.

### Nutrition information per serving:

**1 SERVING:** Calories 370 (Calories from Fat 55); Total Fat 6g (Saturated Fat 2g); Cholesterol 90mg; Sodium 860mg; Total Carbohydrate 40g (Dietary Fiber 4g; Sugars 7g); Protein 39g



## Easy Beef and Broccoli

**Prep Time:** 15 Minutes

**Start to Finish:** 10 Hours 45 Minutes

**Servings:** 4 (1 $\frac{1}{4}$  cups each)

- 1 lb boneless beef top round steak, trimmed of fat, cut into cubes
- 1 jar (4.5 oz) Green Giant® sliced mushrooms, drained
- 1 medium onion, cut into wedges
- $\frac{1}{2}$  cup condensed beef broth
- 3 tablespoons purchased teriyaki baste and glaze
- 1 tablespoon sesame seed
- 1 teaspoon dark sesame oil, if desired
- $\frac{2}{3}$  cup uncooked regular long-grain white rice
- 1 $\frac{1}{3}$  cups water
- 2 tablespoons water
- 1 tablespoon cornstarch
- 2 cups Green Giant Select® frozen broccoli florets, thawed

1. In 3 $\frac{1}{2}$  to 4-quart slow cooker, combine beef, mushrooms, onion, broth, teriyaki baste and glaze, sesame seed and sesame oil; mix well.

2. Cover; cook on Low setting 8 to 10 hours.

3. About 35 minutes before serving, cook rice in 1 $\frac{1}{3}$  cups water as directed on package. Meanwhile, in small bowl, combine 2 tablespoons water and cornstarch; blend well. Stir cornstarch mixture and broccoli into beef mixture. Cover; cook on Low setting 30 minutes longer or until broccoli is crisp-tender. Serve over rice.

**Nutrition information per serving:**

**1 SERVING:** Calories 320 (Calories from Fat 50); Total Fat 6g (Saturated Fat 2g); Cholesterol 60mg; Sodium 600mg; Total Carbohydrate 37g (Dietary Fiber 3g; Sugars 6g); Protein 30g

### Cook's Note

Sesame oil is available in pale and dark varieties. Pale sesame oil is used for cooking and salad dressings. Dark sesame oil has a much stronger flavor than pale sesame oil. It's used as an accent oil, to give a boost of aroma and flavor to a finished dish.







## Root Beer Barbecued Beef Sandwiches

**Prep Time:** 30 Minutes

**Start to Finish:** 12 Hours 30 Minutes

**Servings:** 16 sandwiches

- 2 tablespoons oil
- 4 lb boneless beef rump roast, trimmed of fat
- 2 tablespoons root beer
- 2 cups barbecue sauce
- 1 cup root beer
- Dash salt and pepper, if desired
- 16 sandwich buns, split

**1.** Heat oil in Dutch oven over medium-high heat until hot. Add beef roast; cook until browned on all sides, about 10 minutes. Place beef in 3½ to 4-quart slow cooker.

**2.** Add 2 tablespoons root beer to Dutch oven; cook and stir, scraping up brown bits. Pour mixture into 4-cup measuring cup or bowl. Add 1½ cups of the barbecue sauce and 1 cup root beer; mix well. Pour over beef.

**3.** Cover; cook on Low setting 10 to 12 hours.

**4.** About 20 minutes before serving, remove beef from slow cooker; place on large plate. Pour juices from slow cooker into 12-inch skillet. Cook over medium-high heat for about 15 minutes or until juices are thickened and reduced to about 3 cups, stirring occasionally. Meanwhile, shred beef with 2 forks; return to slow cooker.

**5.** Stir remaining ½ cup barbecue sauce into reduced juices in skillet. Pour sauce over beef in slow cooker. Add salt and pepper to taste; mix well. Spoon about ½ cup beef mixture into each bun.

**Nutrition information per serving:**

**1 SANDWICH:** Calories 305 (Calories from Fat 65); Total Fat 7g (Saturated Fat 2g); Cholesterol 60mg; Sodium 600mg; Total Carbohydrate 34g (Dietary Fiber 1g; Sugars 16g); Protein 26g



## Layered Enchilada Dinner

**Prep Time:** 30 Minutes **Start to Finish:** 6 Hours

**Servings:** 6

- 1 lb lean (at least 80%) ground beef
- 1 small onion, chopped (about  $\frac{1}{3}$  cup)
- 1 garlic clove, minced
- 1 can (10 $\frac{3}{4}$  oz) condensed cream of mushroom soup
- 1 can (4.5 oz) Old El Paso® chopped green chiles
- 1 can (10 oz) Old El Paso® enchilada sauce
- 10 corn tortillas (6 inch)
- 3 cups shredded Monterey Jack cheese (12 oz)
- Paprika
- Chopped fresh cilantro

1. In large skillet, cook ground beef, onion and garlic over medium-high heat until browned and thoroughly cooked, stirring frequently. Drain. Stir in soup and chiles.

2. Spray  $3\frac{1}{2}$  to 4-quart slow cooker with nonstick cooking spray. Spread about  $\frac{1}{4}$  cup of the enchilada sauce in bottom of slow cooker. Place

4 corn tortillas over sauce, overlapping and breaking in half as necessary to make an even layer. Top with  $\frac{1}{3}$  of beef mixture, spreading evenly. Drizzle with about  $\frac{1}{4}$  cup enchilada sauce. Sprinkle with 1 cup of the cheese.

3. Repeat layering twice, using 3 corn tortillas and half of remaining beef mixture, enchilada sauce and cheese in each layer. Sprinkle paprika over top.

4. Cover; cook on Low setting  $4\frac{1}{2}$  to  $5\frac{1}{2}$  hours.

5. Let stand about 5 minutes before serving. Sprinkle individual servings with cilantro.

**Nutrition information per serving:**

**1 SERVING:** Calories 530 (Calories from Fat 290); Total Fat 32g (Saturated Fat 16g); Cholesterol 95mg; Sodium 1050mg; Total Carbohydrate 29g (Dietary Fiber 3g; Sugars 4g); Protein 32g

### Cook's Note

Instead of cream of mushroom soup, try cream of broccoli or cream of celery soup.







## Meat and Potato Casserole

**Prep Time:** 15 Minutes

**Start to Finish:** 7 Hours 15 Minutes

**Servings:** 4 (1 $\frac{1}{4}$  cups each)

- 1 lb lean (at least 80%) ground beef
- 1 can (2.8 oz) French fried onions
- 1 can (10 $\frac{3}{4}$  oz) condensed cream of mushroom soup
- $\frac{1}{2}$  cup milk
- $\frac{1}{4}$  teaspoon pepper
- 4 cups frozen country-style shredded hash-brown potatoes (from 32-oz bag)
- 2 cups Green Giant® frozen cut green beans

**1.** In large skillet, cook ground beef over medium heat until thoroughly cooked, stirring frequently. Drain. Add half of the onions, the soup, milk and pepper; mix well.

**2.** Spray 3 $\frac{1}{2}$  to 4-quart slow cooker with nonstick cooking spray. Layer potatoes and green beans in sprayed slow cooker. Top with beef mixture; spread evenly.

**3.** Cover; cook on Low setting 6 to 7 hours. Top with remaining half of onions before serving.

**Nutrition information per serving:**

**1 SERVING:** Calories 645 (Calories from Fat 290); Total Fat 32g (Saturated Fat 10g); Cholesterol 70mg; Sodium 820mg; Total Carbohydrate 60g (Dietary Fiber 5g; Sugars 7g); Protein 29g

### Cook's Note

Spray the inside of the slow cooker with nonstick cooking spray before assembling recipes that tend to stick, such as this casserole. The cooker will clean up easily.



## Honey-Dijon Pork Roast

**Prep Time:** 20 Minutes

**Start to Finish:** 8 Hours 20 Minutes

**Servings:** 8

- 1/2 cup chopped onion
- 2 apples, peeled, sliced
- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- 1/2 teaspoon coriander seed, crushed
- 1/4 teaspoon salt
- 2 to 2 1/2 lb rolled boneless pork loin roast
- 1 tablespoon cornstarch
- 2 tablespoons water

1. In 4 to 6-quart slow cooker, combine onion and apples. In small bowl, combine honey, mustard, coriander and salt; mix well. Spread on all sides of pork roast. Place pork over onion and apples.

2. Cover; cook on Low setting 7 to 8 hours.

3. Remove pork from slow cooker; place on serving platter. Cover with foil.

4. In small saucepan, blend cornstarch and water until smooth. Add apple mixture and juices from slow cooker; mix well. Cook over medium heat until mixture boils, stirring occasionally. Cut pork into slices. Serve pork with sauce.

**Nutrition information per serving:**

**1 SERVING:** Calories 250 (Calories from Fat 90); Total Fat 10g (Saturated Fat 4g); Cholesterol 85mg; Sodium 180mg; Total Carbohydrate 9g (Dietary Fiber 1g; Sugars 6g); Protein 31g

### Cook's Note

Pork loin roast has little fat, so will dry out if it is overcooked. For longer cooking (more than 8 hours), use a boneless shoulder roast instead.







## Orange-Glazed Country Ribs

**Prep Time:** 10 Minutes

**Start to Finish:** 9 Hours 10 Minutes

**Servings:** 6

### Ribs

- 2 lb boneless country-style pork loin ribs (6 ribs)
- 2 slices medium onion, separated into rings
- 1 garlic clove, minced

### Sauce

- $\frac{1}{2}$  cup chopped green bell pepper
- $\frac{1}{2}$  cup orange marmalade
- 2 tablespoons cornstarch
- 1 tablespoon grated gingerroot
- 3 tablespoons soy sauce

1. Spray 3 to 4-quart slow cooker with nonstick cooking spray. Place pork ribs, onion and garlic in sprayed slow cooker.

2. Cover; cook on Low setting 8 to 9 hours.

3. About 5 minutes before serving, remove ribs from slow cooker; place on serving platter and cover to keep warm. In 2-cup microwave-safe measuring cup, combine all sauce ingredients; mix well. Stir in  $\frac{3}{4}$  cup juices from slow cooker; discard remaining juices. Microwave sauce on High for 2 to  $2\frac{1}{2}$  minutes or until mixture boils and thickens, stirring once halfway through cooking. Pour sauce over ribs.

### Nutrition information per serving:

**1 SERVING:** Calories 370 (Calories from Fat 155); Total Fat 17g (Saturated Fat 6g); Cholesterol 95mg; Sodium 520mg; Total Carbohydrate 23g (Dietary Fiber 0g; Sugars 14g); Protein 32g



## Spicy Pulled Pork Sandwiches

**Prep Time:** 15 Minutes

**Start to Finish:** 9 Hours 15 Minutes

**Servings:** 12 sandwiches

- 3 lb boneless pork shoulder or butt roast, trimmed of fat
- 1/4 cup firmly packed brown sugar
- 2 teaspoons dried thyme leaves
- 1 teaspoon salt
- 2 teaspoons hot pepper sauce
- 2 garlic cloves, minced
- 1 can (6 oz) tomato paste
- 1 can (4.5 oz) Old El Paso® chopped green chiles
- 12 sandwich buns, split
- 1/2 pint (1 cup) creamy coleslaw (from deli)

1. Place pork roast in 3½ to 4-quart slow cooker. In small bowl, combine brown sugar, thyme, salt, hot pepper sauce, garlic, tomato paste and chiles; mix well. Spread over pork.

2. Cover; cook on Low setting 8 to 9 hours.

3. Just before serving, remove pork from slow cooker; place on large plate. Shred pork with 2 forks; return to slow cooker and mix well. Spoon 1/2 cup pork mixture on bottom half of each bun. Top each with rounded tablespoon coleslaw. Cover with top halves of buns.

**Nutrition information per serving:**

**1 SANDWICH:** Calories 360 (Calories from Fat 115); Total Fat 13g (Saturated Fat 4g); Cholesterol 75mg; Sodium 685mg; Total Carbohydrate 31g (Dietary Fiber 2g; Sugars 11g); Protein 30g

### Cook's Note

Use 1/2 teaspoon of purchased chopped garlic (from a jar) in place of the garlic cloves. Store the opened jar of garlic in the refrigerator.







## So-Easy Sloppy Joes

**Prep Time:** 15 Minutes

**Start to Finish:** 6 Hours 15 Minutes

**Servings:** 16 sandwiches

- 3 lb lean (at least 80%) ground beef
- 1 cup chopped onions
- 1 cup chopped celery
- 1/2 cup chopped green bell pepper
- 1 bottle (12 oz) chili sauce
- 1 can (6 oz) tomato paste
- 2 to 3 tablespoons brown sugar
- 2 tablespoons Worcestershire sauce
- 1/4 teaspoon pepper
- 16 sandwich buns, split

1. In large skillet, cook ground beef, onions, celery and bell pepper over medium-high heat for 5 to 7 minutes or until beef is thoroughly cooked, stirring frequently. Drain.

2. In 3 1/2 to 4-quart slow cooker, combine ground beef mixture and all remaining ingredients except buns; mix well.

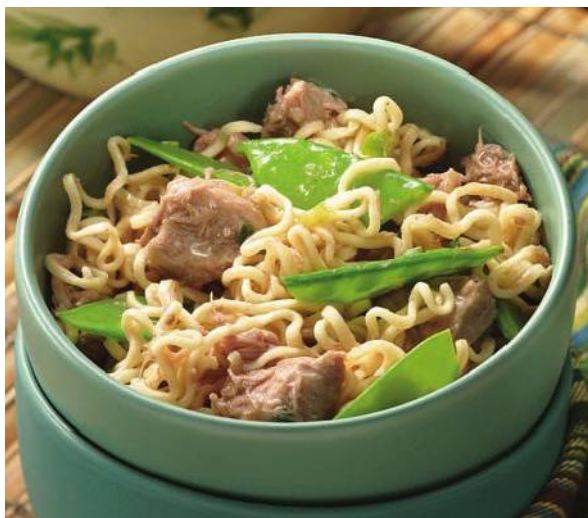
3. Cover; cook on Low setting 4 to 6 hours.

4. Stir; spoon beef mixture into buns.

**Nutrition information per serving:**

**1 SANDWICH:** Calories 340 (Calories from Fat 125); Total Fat 14g (Saturated Fat 5g); Cholesterol 50mg; Sodium 640mg; Total Carbohydrate 33g (Dietary Fiber 2g; Sugars 13g); Protein 20g





## Gingered Pork and Ramen Noodles

**Prep Time:** 30 Minutes

**Start to Finish:** 8 Hours 30 Minutes

**Servings:** 4 (1½ cups each)

- 2 packages (3 oz each) chicken-flavor ramen noodle soup mix
- 1 lb boneless pork shoulder roast, cut into 1-inch pieces
- 1 teaspoon grated gingerroot
- 3 cups water
- 1 cup halved fresh snow pea pods (about 4 oz)
- ¼ cup sliced green onions
- 1 tablespoon soy sauce
- 2 teaspoons cornstarch

1. Reserve noodles from soup mixes. In 3½ to 4-quart slow cooker, combine pork and contents of seasoning packets from noodle soup mixes; mix well. Add gingerroot and water; stir to mix.
2. Cover; cook on Low setting 6 to 8 hours.
3. About 25 minutes before serving, break reserved noodles into pieces; add to pork mixture. Add pea pods and onions; mix well. Increase heat setting to High; cover and cook 10 to 15 minutes longer or just until vegetables are crisp-tender.
4. In small bowl, blend soy sauce and cornstarch until smooth. Stir into pork mixture. Cover; cook about 5 minutes or until sauce is slightly thickened.

**Nutrition information per serving:**

**1 SERVING:** Calories 285 (Calories from Fat 160); Total Fat 18g (Saturated Fat 7g); Cholesterol 80mg; Sodium 390mg; Total Carbohydrate 8g (Dietary Fiber 1g; Sugars 1g); Protein 23g



## Hoisin Pork Wraps

**Prep Time:** 30 Minutes

**Start to Finish:** 8 Hours 30 Minutes

**Servings:** 10 sandwiches

- 2 lb boneless pork roast, trimmed of fat
- 5 tablespoons hoisin sauce
- 1 tablespoon grated gingerroot
- 1 teaspoon Chinese five-spice powder
- 2 garlic cloves, minced
- 10 flour tortillas (10 inch)
- 3 cups shredded lettuce
- ½ cup sliced green onions
- 1 can (15 oz) mandarin orange segments, drained

1. Place pork roast in 3 to 4-quart slow cooker. In small bowl, combine 4 tablespoons of the hoisin sauce, gingerroot, five-spice powder and garlic; mix well. Spread mixture over pork.
2. Cover; cook on Low setting 7 to 8 hours.
3. About 15 minutes before serving, heat oven to 300°F. Wrap tortillas in foil. Heat packet 10 to 15 minutes or until warm.
4. Meanwhile, remove pork from slow cooker; place on cutting board. Stir remaining tablespoon hoisin sauce into juices in slow cooker. Shred pork with 2 forks; return to slow cooker and mix well.
5. To serve, spoon about ½ cup pork mixture onto each warm tortilla. Top each with lettuce, onions and orange segments.

**Nutrition information per serving:**

**1 SANDWICH:** Calories 395 (Calories from Fat 110); Total Fat 12g (Saturated Fat 4g); Cholesterol 60mg; Sodium 490mg; Total Carbohydrate 45g (Dietary Fiber 3g; Sugars 6g); Protein 27g



Easy



## Slow-Cooked Lasagna

**Prep Time:** 20 Minutes

**Start to Finish:** 4 Hours 50 Minutes

**Servings:** 8

- 1 lb lean (at least 80%) ground beef
- 1 jar (26 to 28 oz) tomato pasta sauce
- 1 can (8 oz) no-salt-added tomato sauce
- 1/2 package (9 oz size) no-boil lasagna noodles (about 8)
- 1 jar (1 lb) Alfredo pasta sauce
- 3 cups shredded mozzarella cheese (12 oz)
- 1/4 cup grated Parmesan cheese

**1.** In large skillet, cook ground beef over medium-high heat until thoroughly cooked, stirring frequently. Drain.

**2.** Spray 4 to 5-quart slow cooker with nonstick cooking spray. Spread 3/4 cup of the tomato pasta sauce in bottom of sprayed slow cooker. Stir remaining tomato pasta sauce and tomato sauce into ground beef.

**3.** Layer 3 lasagna noodles over sauce in slow cooker, breaking noodles as necessary. Top with 1/3 of the Alfredo pasta sauce, spreading evenly. Sprinkle with 1 cup of the mozzarella cheese. Top with 1/3 of the ground beef mixture, spreading evenly.

**4.** Repeat layering twice, using 2 lasagna noodles in last layer. Sprinkle Parmesan cheese over top.

**5.** Cover; cook on Low setting 3 1/2 to 4 1/2 hours. If desired, cut into wedges to serve.

**Nutrition information per serving:**

**1 SERVING:** Calories 620 (Calories from Fat 340); Total Fat 38g (Saturated Fat 20g); Cholesterol 115mg; Sodium 1010mg; Total Carbohydrate 37g (Dietary Fiber 2g; Sugars 9g); Protein 32g

Easy

Low Fat



## Corn, Ham and Potato Scallop

**Prep Time:** 10 Minutes

**Start to Finish:** 9 Hours 10 Minutes

**Servings:** 6 (1 1/2 cups each)

- 6 cups cubed (1-inch) peeled baking potatoes
- 1 1/2 cups cubed cooked ham
- 1 can (15.25 oz) Green Giant® whole kernel sweet corn, drained
- 1/4 cup chopped green bell pepper
- 2 teaspoons instant minced onion
- 1 can (10 3/4 oz) condensed Cheddar cheese soup
- 1/2 cup milk
- 2 tablespoons all-purpose flour

**1.** In 3 1/2 to 4-quart slow cooker, combine potatoes, ham, corn, bell pepper and onion; mix well.

**2.** In small bowl, combine soup, milk and flour; beat with wire whisk until smooth. Pour soup mixture over potato mixture; stir gently to mix.

**3.** Cover; cook on Low setting 7 to 9 hours or until potatoes are tender.

**Nutrition information per serving:**

**1 SERVING:** Calories 320 (Calories from Fat 60); Total Fat 7g (Saturated Fat 4g); Cholesterol 30mg; Sodium 1010mg; Total Carbohydrate 49g (Dietary Fiber 5g; Sugars 6g); Protein 14g

### Cook's Note

Leftover cooked roast beef or turkey can be used in place of the ham.



# soups, stews & chilies

Yummy warm-you-ups in a bowl

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## Home-Style Pork Stew

**Prep Time:** 15 Minutes **Start to Finish:** 8 Hours 35 Minutes

**Servings:** 6 (1 $\frac{1}{3}$  cups each)

- 1 tablespoon oil
- 1 $\frac{1}{2}$  lb boneless pork shoulder roast, cut into 1 $\frac{1}{2}$ -inch pieces
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- 8 small red potatoes, unpeeled, quartered
- 2 cups fresh baby carrots, cut in half lengthwise
- 1 jar (12 oz) pork gravy
- 2 tablespoons ketchup
- $\frac{1}{2}$  teaspoon dried rosemary leaves
- $\frac{1}{4}$  teaspoon pepper
- $\frac{1}{8}$  teaspoon ground sage
- 1 $\frac{1}{2}$  cups Green Giant® frozen cut green beans, thawed

**1.** Heat oil in large skillet over high heat until hot. Add pork; sprinkle with salt and  $\frac{1}{8}$  teaspoon pepper. Cook 3 to 5 minutes or until browned, stirring frequently.

**2.** In 3 $\frac{1}{2}$  to 4-quart slow cooker, combine pork and all remaining ingredients except green beans.

**3.** Cover; cook on Low setting 7 to 8 hours.

**4.** About 20 minutes before serving, stir thawed green beans into stew. Increase heat setting to High; cover and cook 15 to 20 minutes longer or until green beans are tender.

**Nutrition information per serving:**

**1 SERVING:** Calories 415 (Calories from Fat 155); Total Fat 17g (Saturated Fat 6g); Cholesterol 75mg; Sodium 500mg; Total Carbohydrate 40g (Dietary Fiber 5g; Sugars 6g); Protein 30g

### Cook's Notes

In a rush? Skip the pork-browning step. The recipe may have a bit less flavor and color, but saving prep and cleanup time on busy weekday mornings is worth it.

Add the beans at the end of the cooking time so they don't overcook, but remain firm and green.







## Italian Vegetable Soup with White Beans

**Prep Time:** 5 Minutes **Start to Finish:** 9 Hours 25 Minutes

**Servings:** 6 (1<sup>1</sup>/<sub>3</sub> cups each)

- 2 cans (19 oz each) cannellini beans, drained
- 1 bag (1 lb) Green Giant® frozen mixed vegetables
- 1 can (14.5 oz) diced tomatoes with basil, garlic and oregano, undrained
- 1 bottle (12 oz) vegetable juice cocktail
- <sup>1</sup>/<sub>2</sub> teaspoon salt
- 1 cup water
- <sup>1</sup>/<sub>2</sub> cup (1<sup>1</sup>/<sub>2</sub> oz) uncooked penne or mostaccioli (tube-shaped pasta)
- <sup>1</sup>/<sub>4</sub> cup purchased pesto

**1.** In 3 to 4-quart slow cooker, combine all ingredients except penne and pesto; mix well.

**2.** Cover; cook on Low setting 8 to 9 hours.

**3.** About 20 minutes before serving, stir penne into soup. Increase heat setting to High; cover and cook 15 to 20 minutes longer or until penne is tender.

**4.** To serve, top individual servings with 2 teaspoons pesto.

**Nutrition information per serving:**

**1 SERVING:** Calories 330 (Calories from Fat 65); Total Fat 7g (Saturated Fat 1g); Cholesterol 0mg; Sodium 1010mg; Total Carbohydrate 62g (Dietary Fiber 16g; Sugars 8g); Protein 21g

### Cook's Notes

Don't be fooled into adding more pasta; <sup>1</sup>/<sub>2</sub> cup looks skimpy when you stir it in, but as it cooks it swells into the right proportion for the soup.

Acidic ingredients such as tomatoes and vegetable juice keep vegetables from softening too much during all-day simmering.



## Easy Italian Sausage-Vegetable Soup

**Prep Time:** 15 Minutes

**Start to Finish:** 9 Hours 45 Minutes

**Servings:** 7 (1½ cups each)

- ½ lb bulk Italian pork sausage
- 1 cup sliced fresh carrots
- 1 large baking potato, peeled, cut into ½-inch cubes
- 1 garlic clove, minced
- 2 cans (14 oz each) beef broth
- 1 can (15 oz) garbanzo beans or chickpeas, drained
- 1 can (14.5 oz) pasta-style chunky tomatoes, undrained
- 1½ cups water
- ½ teaspoon dried Italian seasoning
- 1 bay leaf
- 1 cup julienne-cut (2 x ½ x ⅛-inch) zucchini
- ¼ cup grated fresh Parmesan cheese, if desired

1. In large skillet, cook sausage until no longer pink, stirring frequently. Drain.

2. In 3½ to 4-quart slow cooker, combine cooked sausage and all remaining ingredients except zucchini and cheese; stir gently to mix.

3. Cover; cook on Low setting 7 to 9 hours.

4. About 30 minutes before serving, remove and discard bay leaf from soup. Gently stir in zucchini. Cover; cook 30 minutes longer or until zucchini is tender. To serve, ladle soup into individual bowls. Sprinkle with cheese.

**Nutrition information per serving:**

**1 SERVING:** Calories 220 (Calories from Fat 80); Total Fat 9g (Saturated Fat 3g); Cholesterol 20mg; Sodium 1000mg; Total Carbohydrate 27g (Dietary Fiber 6g; Sugars 4g); Protein 14g

### Cook's Note

Baking potatoes have low moisture and high starch content. Known as russets or Idaho potatoes, they are characterized by their long, slightly rounded shape and rough brown skin.





## Chicken-Vegetable Chowder

**Prep Time:** 10 Minutes

**Start to Finish:** 9 Hours 40 Minutes

**Servings:** 5 (1½ cups each)

- 1 lb boneless skinless chicken thighs, cut into 1-inch pieces
- 1 cup fresh baby carrots, cut in half lengthwise
- 1 cup sliced fresh mushrooms
- ½ cup chopped onion
- ½ cup water
- ¼ teaspoon garlic powder
- ⅛ teaspoon dried thyme leaves
- 1 can (14 oz) chicken broth
- 1 can (10¾ oz) condensed 98%-fat-free cream of chicken and broccoli soup with 30% less sodium
- ½ cup milk
- 3 tablespoons all-purpose flour
- 1 box (9 oz) Green Giant® frozen broccoli cuts

**1.** In 3½ to 4-quart slow cooker, combine chicken, carrots, mushrooms, onion, water, garlic powder, thyme and broth; mix well.

**2.** Cover; cook on Low setting 7 to 9 hours or until chicken is no longer pink.

**3.** Drain fat from slow cooker. In small bowl, combine soup, milk and flour; beat with wire whisk until smooth. Add soup mixture and broccoli to chicken mixture. Cover; cook 30 minutes longer or until broccoli is tender.

**Nutrition information per serving:**

**1 SERVING:** Calories 220 (Calories from Fat 45); Total Fat 5g (Saturated Fat 2g); Cholesterol 60mg; Sodium 660mg; Total Carbohydrate 17g (Dietary Fiber 3g; Sugars 5g); Protein 26g



### Cook's Note

For easy cleanup, spray the inside of the slow cooker with nonstick cooking spray. It will help foods resist sticking during the extended cooking time.



Easy

Low Fat

## Mexicali Chicken and Corn Soup

**Prep Time:** 20 Minutes

**Start to Finish:** 12 Hours 20 Minutes

**Servings:** 6 (1½ cups each)

- 1 lb boneless skinless chicken thighs, cut into 1-inch pieces
- 1 bag (1 lb) Green Giant® Niblets® frozen corn
- 2 cans (14 oz each) chicken broth
- 1 can (14.5 oz) Mexican-style stewed tomatoes, undrained
- ¾ cup uncooked instant brown rice
- 1 package (1.25 oz) Old El Paso® taco seasoning mix

1. In 3½ to 4-quart slow cooker, combine chicken, corn, broth and tomatoes; mix well.

2. Cover; cook on Low setting 8 to 12 hours.

3. About 20 minutes before serving, stir in rice and taco seasoning mix. Cover; cook on High setting 10 minutes longer or until rice is tender. Stir before serving.

**Nutrition information per serving:**

**1 SERVING:** Calories 270 (Calories from Fat 60); Total Fat 7g (Saturated Fat 2g); Cholesterol 50mg; Sodium 1060mg; Total Carbohydrate 32g (Dietary Fiber 3g; Sugars 5g); Protein 19g

### Cook's Note

For an even heartier soup that will be high in fiber, add a can of drained black or kidney beans along with the rice.







## Confetti Yellow Pea Soup

**Prep Time:** 10 Minutes

**Start to Finish:** 9 Hours 40 Minutes

**Servings:** 6 (1½ cups each)

- 1 bag (16 oz) dried yellow split peas, rinsed, sorted
- 1 quart (4 cups) water
- 1 can (10½ oz) condensed chicken broth
- 1 cup julienne-cut (2x1/8x1/8-inch) carrots
- 6 oz chorizo sausage, casing removed, cut into 1/4-inch slices
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ cup sliced green onions
- 1 can (11 oz) Green Giant® Mexicorn® whole kernel corn, red and green peppers

1. In 3½ to 4-quart slow cooker, combine all ingredients except onions and corn; stir gently to mix.

2. Cover; cook on Low setting 7 to 9 hours or until peas are soft.

3. Stir in onions and corn. Cover; cook 30 minutes longer or until corn is thoroughly heated.

**Nutrition information per serving:**

**1 SERVING:** Calories 430 (Calories from Fat 90); Total Fat 10g (Saturated Fat 3g); Cholesterol 20mg; Sodium 970mg; Total Carbohydrate 59g (Dietary Fiber 21g; Sugars 7g); Protein 27g

### Cook's Note

Yellow peas are low in fat and a good source of protein. One cup of cooked yellow peas has about 16 grams of protein and 1 gram of fat.





## Beer and Cheese Potato Chowder

**Prep Time:** 20 Minutes

**Start to Finish:** 8 Hours 20 Minutes

**Servings:** 5 (1½ cups each)

- 2 lb (6 medium) russet potatoes, peeled, chopped (6 cups)
- 1 medium onion, chopped (½ cup)
- 1 medium stalk celery, chopped (about ½ cup)
- 1 medium carrot, finely chopped (about ½ cup)
- 1 garlic clove, minced
- ¼ teaspoon pepper
- 1 can (14 oz) chicken broth
- 1 can (12 oz) beer or nonalcoholic beer
- 2 cups shredded Cheddar and American cheese blend (8 oz)
- ½ cup whipping cream
- Rye bread, cut into cubes and toasted, if desired

1. In 3 to 4-quart slow cooker, combine potatoes, onion, celery, carrot, garlic and pepper; stir gently to mix. Pour broth and beer over vegetables.

2. Cover; cook on Low setting 6 to 8 hours.

3. About 10 minutes before serving, coarsely mash vegetables with potato masher or fork. Add cheese and whipping cream; stir until cheese is melted. Cover; cook 5 minutes longer or until thoroughly heated. Top with croutons.

**Nutrition information per serving:**

**1 SERVING:** Calories 445 (Calories from Fat 205); Total Fat 23g (Saturated Fat 14g); Cholesterol 70mg; Sodium 860mg; Total Carbohydrate 41g (Dietary Fiber 4g; Sugars 5g); Protein 16g

### Cook's Note

Coarsely mashing the cooked vegetables makes this soup thick and creamy.



## Wild Rice and Mushroom Soup

**Prep Time:** 15 Minutes

**Start to Finish:** 8 Hours 15 Minutes

**Servings:** 6 (1<sup>1</sup>/<sub>3</sub> cups each)

- 1 lb small whole mushrooms, halved
- 1/2 cup uncooked whole-grain wild rice (not cracked or broken)
- 1 medium stalk celery, cut into 1/2-inch pieces
- 2 medium carrots, cut into 1/2-inch pieces
- 1 envelope onion mushroom soup mix (from 1.8-oz package)
- 1 tablespoon sugar
- 1 cup water
- 1 container (32 oz) beef broth
- 1 cup Green Giant® frozen sweet peas, thawed

1. In 3 to 4-quart slow cooker, layer mushrooms, rice, celery, carrots, soup mix and sugar. Pour water and broth over top.

2. Cover; cook on Low setting 6 to 8 hours.

3. About 10 minutes before serving, gently stir thawed peas into soup. Cover; cook 10 minutes longer or until peas are thoroughly heated.

**Nutrition information per serving:**

**1 SERVING:** Calories 140 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0g); Cholesterol 0mg; Sodium 1130mg; Total Carbohydrate 25g (Dietary Fiber 4g; Sugars 7g); Protein 8g

### Cook's Note

Use whole-grain wild rice for this soup; rice labeled broken or cracked loses its shape during long slow cooking.





## Seafood Stew

**Prep Time:** 20 Minutes

**Start to Finish:** 5 Hours 5 Minutes

**Servings:** 8 (1 $\frac{1}{3}$  cups each)

- 2 cups chopped onions
- 2 medium stalks celery, finely chopped (1 cup)
- 5 garlic cloves, minced
- 1 can (28 oz) diced tomatoes, undrained
- 1 bottle (8 oz) clam juice
- 1 can (6 oz) tomato paste
- $\frac{1}{2}$  cup dry white wine or water
- 1 tablespoon red wine vinegar
- 1 tablespoon olive or vegetable oil
- 2 $\frac{1}{2}$  teaspoons dried Italian seasoning
- $\frac{1}{4}$  teaspoon sugar
- $\frac{1}{4}$  teaspoon crushed red pepper flakes
- 1 bay leaf
- 1 lb firm-fleshed white fish, cut into 1-inch pieces
- $\frac{3}{4}$  lb shelled deveined uncooked medium shrimp, tails removed
- 1 can (6 $\frac{1}{2}$  oz) chopped clams with juice, undrained
- 1 can (6 oz) crabmeat, drained
- $\frac{1}{4}$  cup chopped fresh parsley

1. In 5 to 6-quart slow cooker, combine onions, celery, garlic, tomatoes, clam juice, tomato paste, wine, vinegar, oil, Italian seasoning, sugar, pepper flakes and bay leaf; mix well.

2. Cover; cook on High setting 4 hours.

3. Stir fish, shrimp, clams with juice and crabmeat into stew. Reduce heat setting to Low; cover and cook 30 to 45 minutes longer or until fish flakes easily with fork.

4. Just before serving, remove and discard bay leaf. Stir in parsley.

**Nutrition information per serving:**

**1 SERVING:** Calories 215 (Calories from Fat 35); Total Fat 4g (Saturated Fat 1g); Cholesterol 125mg; Sodium 610mg; Total Carbohydrate 15g (Dietary Fiber 3g; Sugars 5g); Protein 30g

### Cook's Note

When purchasing a dry white wine for this recipe, select a Sauvignon Blanc, also called Fumé Blanc, a Pinot Gris or Pinot Grigio, or a Chardonnay.







## Spicy Southwest Beef and Bean Chili

**Prep Time:** 15 Minutes

**Start to Finish:** 9 Hours 15 Minutes

**Servings:** 6 (1½ cups each)

- 1½ lb boneless beef round steak (½ inch thick), cut into ¾-inch pieces
- 1 medium onion, chopped (½ cup)
- 4 cans (8 oz each) no-salt-added tomato sauce
- 1 can (15.25 oz) Green Giant® whole kernel sweet corn, drained
- 1 can (15 oz) black beans, drained, rinsed
- 1 can (4.5 oz) Old El Paso® chopped green chiles
- 2 tablespoons chili powder

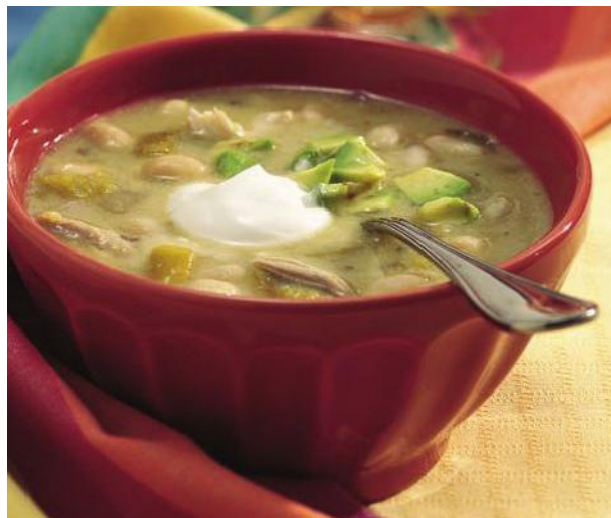
1. In 4 to 5-quart slow cooker, combine all ingredients; mix well.
2. Cover; cook on Low setting 8 to 9 hours.

**Nutrition information per serving:**

**1 SERVING:** Calories 330 (Calories from Fat 45); Total Fat 5g (Saturated Fat 1g); Cholesterol 60mg; Sodium 630mg; Total Carbohydrate 47g (Dietary Fiber 9g; Sugars 11g); Protein 33g

### Cook's Note

Set a slow cooker of chili on a buffet next to cooked rice and baskets of tortilla chips and warm cornbread. Surround them with bowls of sour cream, guacamole and shredded Cheddar cheese.



## White Chili with Chicken

**Prep Time:** 15 Minutes

**Start to Finish:** 10 Hours 15 Minutes

**Servings:** 6 (1½ cups each)

- 1 lb boneless skinless chicken thighs, cut into thin bite-sized strips
- 1 cup dried great northern beans, sorted, rinsed
- 1 medium onion, chopped (½ cup)
- 1 garlic clove, minced
- 2 teaspoons dried oregano leaves
- ½ teaspoon salt
- 1 can (10¾ oz) condensed cream of chicken soup
- 5 cups water
- 1 teaspoon cumin
- ¼ teaspoon hot pepper sauce
- 1 can (4.5 oz) Old El Paso® chopped green chiles
- Sour cream, if desired
- Chopped avocado, if desired

1. In 3½ to 4-quart slow cooker, combine chicken, beans, onion, garlic, oregano, salt, soup and water; mix well.

2. Cover; cook on Low setting 9 to 10 hours.

3. Just before serving, stir cumin, hot pepper sauce and chiles into chili. If desired, serve with additional hot pepper sauce. Top with sour cream and chopped avocado.

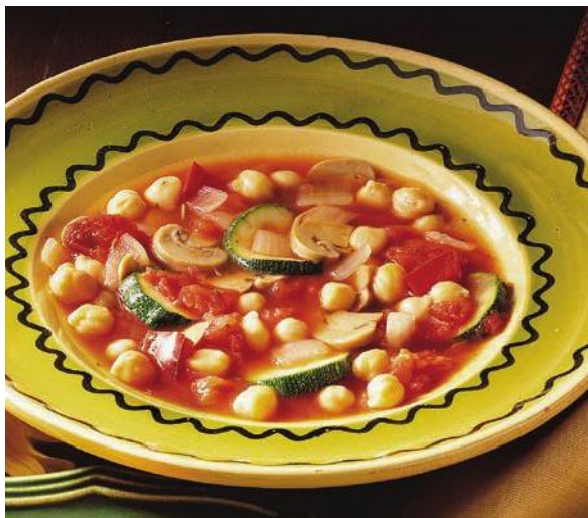
**Nutrition information per serving:**

**1 SERVING:** Calories 280 (Calories from Fat 90); Total Fat 10g (Saturated Fat 3g); Cholesterol 50mg; Sodium 700mg; Total Carbohydrate 27g (Dietary Fiber 5g; Sugars 2g); Protein 25g



Easy

Low Fat



## Ratatouille Bean Stew

**Prep Time:** 10 Minutes

**Start to Finish:** 20 Hours 45 Minutes

**Servings:** 5

- 1 cup dried garbanzo beans or chickpeas, sorted, rinsed
- 1/2 cup chopped onion
- 2 garlic cloves, minced
- 1 can (14 oz) chicken broth
- 1 jar (4.5 oz) sliced mushrooms, drained
- 1/4 teaspoon salt
- 1 large zucchini, sliced
- 1 medium red or green bell pepper, cut into pieces
- 1 teaspoon dried Italian seasoning
- 1 can (14.5 oz) diced tomatoes with Italian-style herbs, undrained

**1.** Soak garbanzo beans in enough water to cover for at least 8 hours.

**2.** Drain beans, discarding water. In 3½ to 4-quart slow cooker, combine beans, onion, garlic, broth, mushrooms and salt; mix well.

**3.** Cover; cook on Low setting 10 to 12 hours.

**4.** About 35 minutes before serving, stir zucchini, bell pepper, Italian seasoning and tomatoes into stew. Increase heat setting to High; cover and cook 30 to 35 minutes longer or until vegetables are tender.

**Nutrition information per serving:**

**1 SERVING:** Calories 220 (Calories from Fat 25); Total Fat 3g (Saturated Fat 0g); Cholesterol 0mg; Sodium 640mg; Total Carbohydrate 37g (Dietary Fiber 10g; Sugars 9g); Protein 12g

Easy

Low Fat



## Ham and Lentil Stew

**Prep Time:** 20 Minutes

**Start to Finish:** 9 Hours 20 Minutes

**Servings:** 8 (1½ cups each)

- 3 cups diced cooked ham
- 2 cups chopped celery
- 2 cups chopped carrot
- 2 cups dried lentils, sorted, rinsed
- 1 large onion, chopped
- 2 cans (10½ oz each) condensed chicken broth
- 4 cups water

**1.** In 3½ to 4-quart slow cooker, combine all ingredients; mix well.

**2.** Cover; cook on Low setting 7 to 9 hours.

**Nutrition information per serving:**

**1 SERVING:** Calories 290 (Calories from Fat 35); Total Fat 4g (Saturated Fat 1g); Cholesterol 25mg; Sodium 1260mg; Total Carbohydrate 35g (Dietary Fiber 16g; Sugars 5g); Protein 28g

### Cook's Note

Look for packages of diced cooked ham near the other packaged meats.



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## NUTRITION INFORMATION

At the end of each recipe, you'll find nutrition information, based on current information from the U.S. Department of Agriculture and food manufacturers' labels.

WHAT YOU NEED DAILY	WOMEN AGE 25-50	WOMEN OVER 50	MEN 25-50
Calories	2200	1900	2900
Total Fat	73 g or less	63	97
Saturated Fat	25 g or less	21	32
Cholesterol	300 mg or less	300	300
Sodium	2400 mg	2400	2400
Calcium	800 mg	800	800
Iron	15 mg	10	10

(Note: Although individual needs vary, a 2000-calorie diet is used as the reference diet on packaging because it approximates average daily requirements and provides a round number for easier calculating.)

## GUIDELINES FOR CALCULATING NUTRITION INFORMATION

- The first ingredient is used whenever a choice is given (such as 1 cup sour cream or plain yogurt).
- The first ingredient amount is used wherever a range is given (such as 2 to 3 teaspoons).
- "If desired" ingredients are not included, whether mentioned in the ingredient list or in the recipe directions as a suggestion (such as sprinkle with brown sugar if desired).

## OUR EXPERTS BEHIND THE SCENES

Our team of professionals, including registered dietitians and home economists, is dedicated to delivering comprehensive nutrition information.



# index

- **Easy** 6 ingredients or less OR ready to cook in 20 minutes or less OR ready to eat in 30 minutes or less.
- **Low Fat** 10 grams of fat or less (main dishes) or 3 grams of fat or less (all other recipes).

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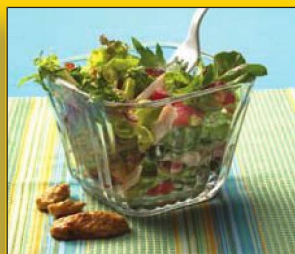
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Baked and slow-cooked menu completers

### Slow-Cooker Specialties

Tender beef with gravy, spicy pulled pork, and more

### Soups, Stews & Chilies

Yummy warm-you-ups in a bowl

## SPECIAL FEATURE

### Make-Ahead Casseroles

Comfort and convenience rolled together

